SONY
Help Guide

Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Use this manual when you have trouble or when you need to know how to use your player.

The color of the player sold in some countries/regions may differ from those shown above.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

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- Specifications
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Before first use

Thank you for purchasing a player.

- For information on laws, regulations, and trademark rights, refer to “Important Information” in the internal memory of your unit. To read it, open the following folders in the system storage after you connect the unit to your computer.
  [WALKMAN] - [Information_HelpGuide] - [Important_Information]
  After you double-click the [index.html] file, select a language.
- Before you start using the player, read the topics under [Related Topic].
- All other trademarks and registered trademarks are trademarks or registered trademarks of their respective holders. In this manual, TM and ® marks are not specified.

Before you start using the player, check the following information.

Model names

Several model names appear in this [Help Guide]. Some models are not available depending on the country or region where you purchased the player.

Computer system requirements

When you connect the player to a computer, check the computer system requirements.

Battery charging

The battery might be low when you use the player for the first time. Charge the battery before use.

microSD cards

The following memory cards are referred to as [microSD cards] in this [Help Guide].

- microSD cards
- microSDHC cards
- microSDXC cards

Images and illustrations

The screen images and illustrations shown in this [Help Guide] are for reference only. They may differ from the actual product or onscreen display.

Design and specifications are subject to change without notice.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Manuals and general information

- System requirements
- Charging the battery
- Notes on handling the player
- Notes on the headphones
- Notes on the built-in battery
- Notes on the sample data
- General Information
- Maintenance
- Customer support website

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Manuals and general information

Sony provides the following manuals and information regarding the player.
The provided manuals explain the following operations and functions.

- Basic operations.
- Unique functions that require explanations.
- Complicated operations that require instructions.

Help Guide

This Help Guide provides the standard operating procedures only.

- How to transfer content to the player.
- How to use various functions.
- Notes on using the player.

The Help Guide refers to the product as “player.”

Startup Guide (printed)

- Basic steps to start listening to music after you purchase the player.

Instruction Manual (printed)

- Notes on using the player
- Compliance information
- How to access [Important Information]

Important Information

- Information on copyrights, laws, and regulations
  See [Before first use] for details on viewing the information.

Customer support website (online)

See [Customer support website] in this [Help Guide].

- The latest information on the player
- FAQ: Frequently Asked Questions

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Related Topic

- Before first use
- Customer support website

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Checking the contents of the package

NW-A55/A55HN/A55L/A56/A56HN/A57 (Common)

- WALKMAN® (1)
- USB cable (1)
- Startup Guide
- Instruction Manual

NW-A55HN/A56HN

- Headphones (1)
  IER-NW500N or IER-NW500NE (only for Europe and Korea)
- Earbuds (1 set)
- Clip (for Headphones) (1)

Note

- A microSD card is not supplied with the Walkman.

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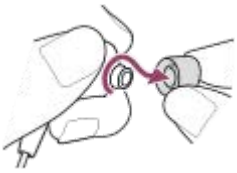
Switching the earbuds

(Only for models supplied with earbuds)
To enjoy better sound quality, select earbuds with the appropriate size for each ear.

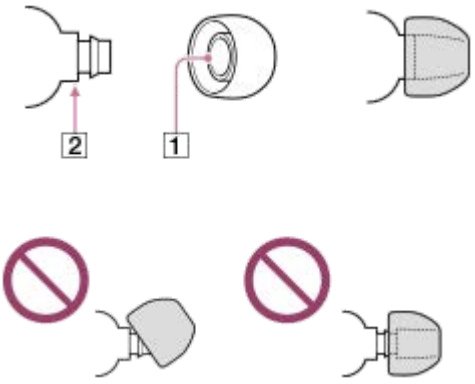
1 Detach the earbuds from the headphones.

Hold the headphones, and then twist and pull the earbuds.
If the earbuds are slippery, wrap them in a soft dry cloth.



2 Attach new earbuds to the headphones.

Push the earbuds firmly onto the headphones. Align the ends of the earbuds (1) with 2 on the headphones.
To prevent the earbuds from detaching or getting stuck in your ears, be sure to attach the earbuds correctly.



Hint

- When the earbuds become worn, contact the nearest Sony dealer or Sony Service Center.
- If the earbuds get dirty, remove them from the headphones. Then, hand-wash the earbuds with a neutral detergent. After washing, drain off the water and reattach the earbuds.

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Related Topic

- Checking the contents of the package

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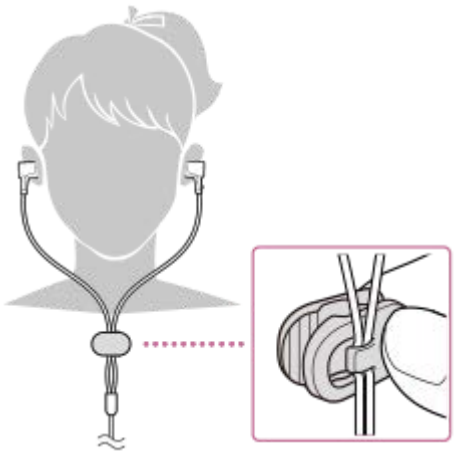
Attaching the clip

(Only for models supplied with a clip)

Attach the clip to the headphones as shown in the following illustration. You can secure the clip to your clothes or bag. Using the clip may reduce noise from the cord rubbing against your clothes.



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Related Topic

- Checking the contents of the package

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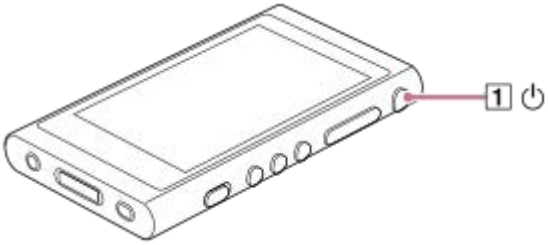
Configuring the initial setup

When you turn on the player for the first time, the initial setup wizard will launch.
You can set the following items during the initial setup.

- Language
- Date and time

1 Hold down the button (⏻) for 4 seconds until the player turns on.

The initial setup wizard will launch. Confirm the message and tap →.



2 Select the language and tap →.

3 Set date and time, and then tap →.

Follow the onscreen instructions.

Note

- The player does not display a clock. The clock setting is used for data management.

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Installing Music Center for PC (Windows)

Music Center for PC is an application for Windows computers. Use the latest version of Music Center for PC.
You can use Music Center for PC to perform the following operations.

- Importing content (such as music) from CDs to a computer.
- Organizing and managing the content.
  For example, you can create playlists.
- Transferring content on a computer to the player.

Confirm the system requirements before you install Music Center for PC.

1. **Access the Music Center for PC download website.**

   https://www.sony.net/smc4pc/

2. **Install Music Center for PC.**

   For details on installation, see [Download] – [Installation procedure] on the Music Center for PC support website. (https://www.sony.net/smc4pc/)

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Related Topic

- Preparing music content
- Transferring content from a Windows computer using Music Center for PC
- System requirements

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Installing Content Transfer (Mac)

Content Transfer is an application for Mac computers. Use the latest version of Content Transfer. You can transfer content that you manage with iTunes or Finder. You can simply drag-and-drop the tracks or albums to transfer them to the player.
Confirm the system requirements before you install Content Transfer.

1. **Access the installer for Content Transfer.**

   https://www.sony.net/ct-mac/

2. **Open the downloaded file.**

   [ContentTransfer.dmg] will be saved automatically to the download folder. The folder may open automatically.

3. **Install Content Transfer.**

   Run [ContentTransfer.pkg]. Follow the onscreen instructions. When you finish the installation, will be displayed.

Note

- Restart the computer if you are prompted. Follow the onscreen instructions.

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Related Topic

- Preparing music content
- Transferring content from a Mac computer using Content Transfer
- System requirements

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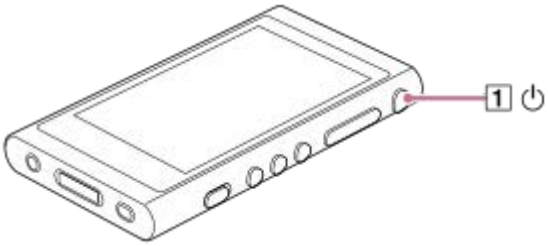
Turning the power on or off

1 Hold down the button ([1]) for 4 seconds until the player turns on.

When you turn on the player for the first time, the initial setup wizard will launch. Follow the onscreen instructions. You can set the following items during the initial setup.

- Language
- Date and time



To turn off the player

Hold down the button ([1]) for 2 seconds while the screen is turned on.
Follow the onscreen instructions to turn off the player.
Release the HOLD function if it is turned on.

Hint

- The screen will turn off automatically if you do not operate the player for a certain period of time. To turn on the screen, press the button ([1]).
- To conserve the battery power, select [Auto Power Off]. The player will turn off automatically if you do not operate the player for a certain period of time after you pause playback. Tap the menu items in the following order.
  – [Settings] – [Device Settings] ([Basic Settings]) – [Auto Power Off].

Note

- The player does not display a clock. The clock setting is used for data management.

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Related Topic

- Preventing unintentional operations (HOLD)
- Configuring the initial setup

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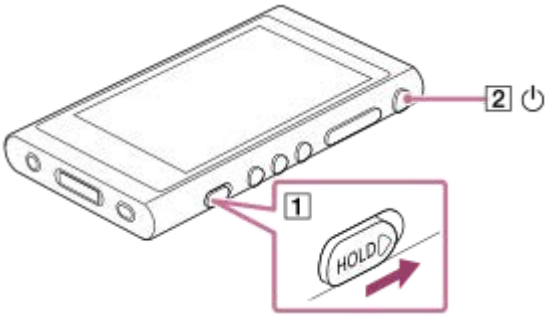
Preventing unintentional operations (HOLD)

You can lock the player to prevent accidental button operation.

1. **Slide the switch (1).**

   The HOLD function is enabled. You cannot operate the buttons on the player or the touch screen. Only the button (2) is active and you can use it to perform the following operations.

   - Turning the screen on or off.
   - Turning on the player (4 seconds).
   - Restarting the player (8 seconds).



To enable the screen operation

You can enable the touch-screen operation while the HOLD function is active.

1. Tap the menu items in the following order.
   – [Settings] – [Device Settings] ([Basic Settings]).

2. Tap [Disable touch panel when the HOLD switch is on] to remove a check mark.
   If you want to prevent accidental touch-screen operations, add a check mark again.

Hint

- Slide the switch (1) in the opposite direction of the arrow to release the HOLD function.
- While the HOLD function is enabled, HOLD will flash when you operate a button.
- When the HOLD function is enabled, you cannot turn off the player. Release the HOLD function.

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Related Topic

- Parts and controls

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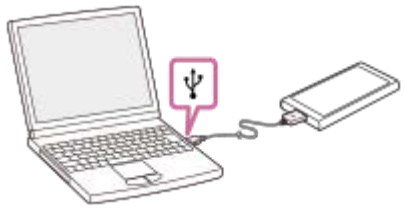
Charging the battery

1. **Connect the player to a running computer via USB. Or, use a USB AC adaptor (not supplied) to connect the player to a wall socket (wall outlet) via USB.**

   The charge lamp will light up.
   When charging is complete, the battery status icon switches to FULL.
   Then, the charge lamp turns off.



2. **Disconnect the player from the computer.**

Hint

- You can also use an AC adaptor (not supplied) to charge the player. Use an AC adaptor that is compatible with the player.
- For details on how long it takes to charge the battery fully, see [Specifications].

Note

- If the player’s battery level is not sufficient, the computer may not recognize the player. The screen of the player will not turn on in this case. If this happens, charge the battery fully. It may take about 10 minutes before the screen of the player turns on again.

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Related Topic

- Reducing the battery consumption
- Notes on charging the battery
- Specifications

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Reducing the battery consumption

You can reduce the battery consumption by using the player in the following manner.
The battery life depends on usage conditions. For details on the battery life, see [Battery life].

- Turn off the power manually when you do not use the player.
- Set [Auto Power Off]. The player will turn off automatically if you do not operate the player for a certain period of time after you pause playback.
  (– [Settings] – [Device Settings] ([Basic Settings]) – [Auto Power Off].)

- Set a shorter time for [Screen Off Timer].
  (– [Settings] – [Device Settings] ([Basic Settings]) – [Screen Off Timer].)

- Adjust the screen brightness.
- Set all sound quality settings to off.
- Turn off the Bluetooth function when you are not using it.
- Turn off the NFC function when you are not using it.
- Turn off the Noise Canceling function.
- Turn off Ambient Sound Mode.

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Related Topic

- Charging the battery
- Turning the power on or off
- Settings menu
- Sound quality setting screens
- One-touch connections with a Bluetooth device (NFC)
- Using the Noise Canceling function
- Using Ambient Sound Mode
- Using shortcut buttons from the quick setting panel
- Notes on the built-in battery
- Displaying lyrics
- Battery life

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Notes on charging the battery

- The charging time depends on the battery usage conditions.
- When the battery is sufficiently charged but the battery life has dropped to about half of its normal span, the battery may be worn out. Contact the nearest Sony dealer or Sony Service Center.
- The computer may not recognize the player in the following situations.
  - When you connect the player to the computer for the first time
  - When the player has not been used for a long period of time
    Charge the player for about 10 minutes. The player may start operating normally.
- When the ambient temperature exceeds the recommended range, appears on the screen and then charging is forcibly terminated. Charge the battery at an ambient temperature from 5 °C to 35 °C (41 ºF to 95 ºF).
- The battery can be recharged about 500 times from a completely depleted state. The exact number of times may vary depending on the usage conditions.
- To prevent deterioration of the battery, charge the battery at least once every 6 months.
- Charging is not guaranteed when you use a homebuilt or modified computer.
- Charging from a USB hub is only guaranteed when you use a self-powered USB hub that carries an authorized logo.
- When you connect the player to a computer for a long period of time, connect the computer to an AC power supply. Otherwise, the computer's battery may run out.
- While the player is connected to a computer, observe the following cautions. Otherwise, the player may not function properly.
  - Do not turn on the computer.
  - Do not restart the computer.
  - Do not wake the computer from sleep mode.
  - Do not shut down the computer.
- The player may become hot while charging. This is not a malfunction.
- The battery indicator does not correspond exactly to the remaining battery level. Refer to the battery indicator as a guide.
- When you charge the player using a computer, do not remove the USB cable while data is transferring. If you disconnect the USB cable, data on the player may be lost.

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Related Topic

- Charging the battery
- Reducing the battery consumption
- Notes on the built-in battery
- Battery life

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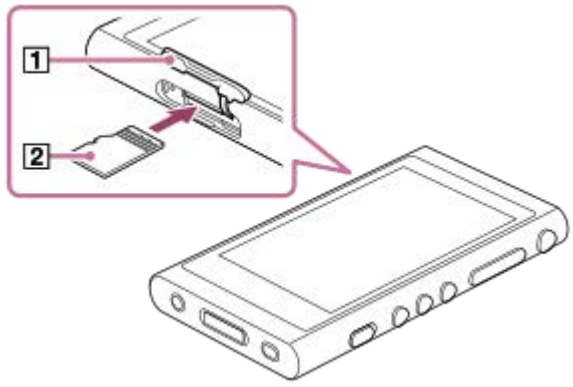
Using a microSD card

This topic includes instructions for the following operations.

- Inserting a microSD card into the player.
- Removing a microSD card from the player.
- Formatting a microSD card on the player.
  To use a microSD card on the player, you first need to format the microSD card on the player.

1 Insert a microSD card.

Open the microSD card slot cover (1).
Insert a microSD card until it clicks into place (2).
Make sure to insert the microSD card in the correct direction. The gold contact pins should face up.
Close the cover (1).



The player will start updating the database.
When the update is complete, the library screen will appear.

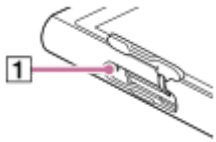
2 Format the microSD card.

Tap the menu items in the following order.
– [Settings] – [Device Settings] ([Basic Settings]) – [Reset/Format] – [Format SD Card].
Follow the onscreen instructions. Make sure to confirm the messages carefully.

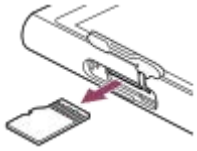
To remove the microSD card

Before you remove a microSD card from the player, first unmount the microSD card from the player.

1. On the library screen, tap the menu items in the following order.
   – [Settings] – [Device Settings] ([Basic Settings]) – [Mount/Unmount SD Card] – [OK].
2. Open the microSD card slot cover. Make sure that the access lamp (1) is turned off.



3. Push the microSD card into the microSD card slot.
   The microSD card will pop out.



4. Remove the microSD card. Then, close the microSD card slot cover.

Note

- On the player, you cannot exchange data between the player memory and a microSD card.
- If the player does not recognize the microSD card, remove and reinsert the microSD card into the player.
- Do not insert any object other than a microSD card into the microSD card slot.
- If the inserted microSD card contains a large amount of data, it may take about 10 minutes or longer for the player to update the database.
- When you remove the microSD card, the following information will be deleted.
  - The content that is currently being played.
  - The playback position.
  - Tracks and the playback order on the play queue screen
  - Bookmark information for tracks on the microSD card.
- Formatting a microSD card will delete all data stored on the microSD card. Save a back up copy of important data.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Notes on microSD cards
- Formatting a microSD card

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Notes on microSD cards

- Use a microSD card that has been formatted on the player. Sony does not guarantee the operation of other microSD cards.
- Sony does not guarantee all operations for microSD cards that are used on multiple devices.
- Formatting a microSD card will delete all data stored on the microSD card. Save a backup copy in advance.
- Do not leave a microSD card within the reach of small children. Small children may accidentally swallow the microSD card.
- Unmount the microSD card ([Mount/Unmount SD Card]) from the player before you remove a microSD card. Otherwise, the player may not function properly.
- Sony does not guarantee the operation of all types of compatible microSD cards with the player.
- Data may be corrupted in the following situations.
  - When a microSD card is removed during a read or write operation.
  - When the player is turned off during a read or write operation.
  - When a microSD card is used in a location where there is static electricity or electrical noise.
- Sony assumes no responsibility for any loss or damage of stored data. Sony recommends that you save a backup copy of important data regularly.
- Observe the following cautions when you handle microSD cards.
  - Do not apply strong force to a microSD card.
  - Do not bend a microSD card.
  - Do not drop a microSD card.
  - Do not disassemble a microSD card.
  - Do not modify a microSD card.
  - Do not expose a microSD card to water.
  - Do not leave a microSD card in the hot interior of a car.
  - Do not leave a microSD card in direct sunlight.
  - Do not leave a microSD card near a heater.
  - Do not leave a microSD card in a humid place.
  - Do not leave a microSD card in a location where corrosive substances are present.
- Observe the following cautions regarding the microSD card slot.
  - Insert microSD cards into the microSD card slot in the correct direction.
  - Do not insert any object other than a microSD card into the microSD card slot.

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Related Topic

- Using a microSD card
- Formatting a microSD card

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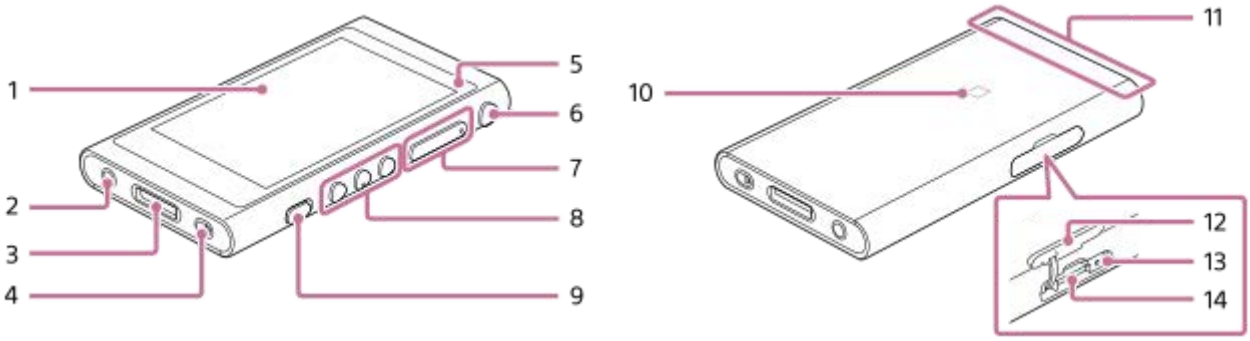
Parts and controls



1. Touch screen
   Tap icons or items on the screen to operate the player.

2. Headphone jack (Stereo Mini)
   Push in the headphone plug until it clicks into place.
   Connect the headphones properly. Otherwise, the output sound will be impaired.

3. WM-PORT jack
   - Connect the USB cable (supplied).
   - Connect accessories that support WM-PORT (not supplied).

4. Strap hole
   Attach a wrist strap (not supplied).

5. Charge lamp
   The lamp lights up while the player is charging.

6. ⏻ (power) button
   - Press the button to turn the screen on or off.
   - Hold down the button for 4 seconds to turn on the player, and 2 seconds to turn off the player.
   - If operations become unstable, hold down the button for 8 seconds to restart the player.

7. + (*1)/– (volume) buttons
   Press the buttons to adjust the volume.

8. Playback operating buttons
   ►II (*1): Press the button to start or pause playback.
   I◄◄ / ►►I: Press the buttons to jump to the beginning of the current track, previous track, or next track.
   Hold down the buttons to fast-rewind or to fast-forward playback.

9. HOLD (hold) switch
   Slide the switch to lock the operating buttons on the player. This lets you avoid operating the buttons accidentally.
   Locked (inoperable)

   Released (operable)

10. N-mark
Touch the N-mark on a Bluetooth device or a smartphone to this mark.
The Bluetooth device or the smartphone must support the NFC function.
You can connect the Bluetooth device or the smartphone to the player.

11. Built-in Bluetooth antenna
The antenna allows the player to connect with Bluetooth devices or smartphones.
Do not cover the antenna when a Bluetooth connection is active. Otherwise, the connection may be interrupted.

12. microSD card slot cover
Open the cover to insert a microSD card (not supplied).

13. Access lamp (The lamp is inside the slot cover.)
Do not remove the microSD card while the access lamp is lit up.

14. microSD card slot (The card slot is inside the slot cover.)
Insert a microSD card until it clicks into place.

*1 There are tactile dots on the ►II button and the volume + button. The tactile dots can help you operate the buttons without looking at them.

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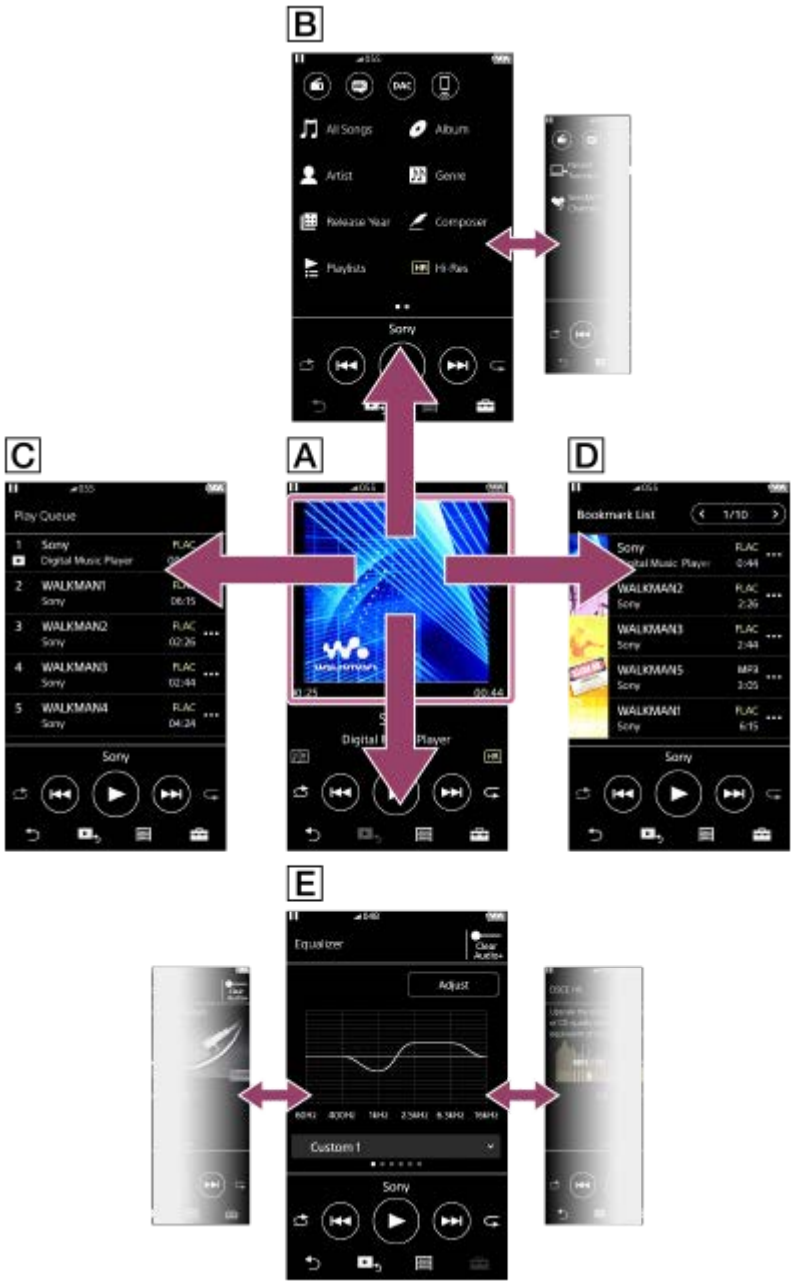
Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

How to use the various screens

This topic explains the layout of the various screens with the playback screen (A) at the center. Flick the playback screen (A) to switch to other screens (up/down/left/right).



A Playback screen

You can confirm a variety of information for the currently selected track.

B Library screen

You can select tracks from the library screen. Tracks are classified into various categories (such as [All Songs], [Album], [Artist], etc.).
You can also switch to functions other than music playback, such as the following:

- FM radio function (Except for the NW-A55L)

- Language study function
- USB-DAC function
- Bluetooth Receiver function

C Play Queue screen

You can check the list of tracks that the player will play with the current settings.

D Bookmark List screen

You can listen to tracks that you have registered to a bookmark list beforehand.
You can add tracks to bookmark lists on the playback screen, etc.
The following operations can be performed from this screen.

- Adding tracks to a bookmark list.
- Removing tracks from a bookmark list.
- Changing the order of tracks in a bookmark list.
- Adding tracks to playlists.
- Checking the details of the track information.

E Sound quality setting screens

You can adjust various sound quality settings.

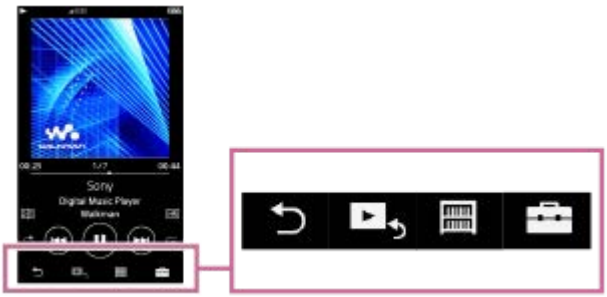
- Equalizer
- DSEE HX
- DC Phase Linearizer
- VPT (Surround)
- Dynamic Normalizer
- Vinyl Processor

Hint

- You can also configure sound quality settings from the menu. Tap the menu items in the following order.
  – [Settings] – [Sound Settings] ([Sound]).

Basic operating buttons

There are 4 basic operating buttons at the bottom of each screen. These buttons may not always be active depending on the screen.



- (back)
  Tap the button to return to the previous screen.

- (go to playback screen)
  Tap the button to return to the playback screen.

- (library)
  Tap the button to display the library screen.

- (options/settings)
  Tap the button to display the option/setting menus.
  You can configure various settings for the player.

Available menu items may differ depending on the screen or settings. To configure the basic settings for the player, select the [Settings] menu.

Basic playback operating buttons

There are buttons for basic playback operations in the lower area of each screen.

- (play) / (pause)
  Tap to start playback.
  While the player is playing a track, tap to pause playback.

- (fast-rewind)
  Tap the button to go back to the beginning of the current track or previous track. Hold down the button to fast-rewind playback.

- (fast-forward)
  Tap the button to jump to the beginning of the next track. Hold down the button to fast-forward playback.

- (shuffle play)
  Tap the button to shuffle playback.

- (repeat play)
  Tap the button to repeat playback. You can choose to repeat one track or all tracks.

Hint

- Drag the timeline bar to change the playback position in a track.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Library screen
- Playback screen
- Play Queue screen
- Bookmark List screen
- Sound quality setting screens
- Playback methods
- FM Radio screen (Except for the NW-A55L)
- Language Study screen
- USB-DAC screen
- Bluetooth Receiver screen

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Library screen

You can select tracks from the library screen. Tracks are classified into various categories (such as [All Songs], [Album], [Artist], etc.).
You can also switch to functions other than music playback, such as the following:

- FM radio function (Except for the NW-A55L)
- Language study function
- USB-DAC function
- Bluetooth Receiver function

To display the library screen

Flick the playback screen down.
You can also tap at the bottom of the screen to display the library screen.

1. Function buttons
   You can switch to the following functions.

	FM Radio (Except for the NW-A55L)
	Language Study
	USB-DAC
	Bluetooth receiver

2. Music categories ([All Songs], [Album], [Artist], etc.)
   Each track is classified into several categories. Select a track from the desired category.

3. Page indicator
   The number of dots represents the number of available pages.

4. Subcategories
   After you select a music category, select a subcategory until you find the desired track.
   You can check the codecs for tracks, such as FLAC. Codecs for High-Resolution Audio formats appear in color.

Option/setting menu

Tap to display the menu.
Available menu items may differ depending on the screen or settings.

Settings	Select the item to display the Settings menu.
Select Items to Display	Select the item to set which categories to display or not to display.
Reset display item order	Select the item to display the default categories.
View Help	Select the item to view the operating guide.

Pop-up menu

Tap to display the pop-up menu. appears beside each item in a subcategory list.
Available menu items may differ depending on the screen or settings.

Add to Bookmark List	Select the item to add a track or subcategory item to the bookmark list.
Add to Playlist	Select the item to add a track or subcategory item to a playlist.
Detailed Song Information	Select the item to display the details of the track.
Delete	Select the item to delete the selected track, folder, or playlist.
Edit Playlist Name	Select the item to change the playlist name.
Move Songs to Language Study	Select the item to move the selected track, album, or artist to the language study library.
Delete from Playlist	Select the item to remove the selected track from the playlist.

Hint

- You can drag-and-drop the category icons to change the order.
- You can also display the pop-up menu by holding down an item in the list.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Playing music
- FM Radio screen (Except for the NW-A55L)
- Language Study screen

- USB-DAC screen
- Bluetooth Receiver screen

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Playback screen

You can confirm a variety of information for the currently selected track.

To display the playback screen

Tap at the bottom of the screen.

1. Cover art
2. Track number / Total numbers of tracks
3. Elapsed time of the current track
4. Timeline bar
5. Track title / Artist name / Album title
6. Lyrics icon
7. Shuffle button / Previous button / Play (Pause) button / Next button / Repeat button
8. Length of the track
9. High-Resolution Audio icon

Option/setting menu

Tap to display the menu.
Available menu items may differ depending on the screen or settings.
Scroll through the menu dialog to display the items listed below.

Settings	Select the item to display the Settings menu.
Add to Bookmark List	Select the item to add the current track to a bookmark list.
Add to Playlist	Select the item to add the current track to a playlist.
Detailed Song Information	Select the item to display the details of the current track.
Display Lyrics	Select the item to display the lyrics of the current track.

Move Songs to Language Study	Select the item to move the current track to the language study library.
View Help	Select the item to view the operating guide.

Hint

- Drag the timeline bar to change the playback position in a track.

Note

- The elapsed time and timeline bar indications may not be accurate.
- The player may not display cover art depending on the file format.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Playing music
- Playback methods
- Displaying lyrics
- Adjusting the sound quality settings

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Play Queue screen

You can check the list of tracks that the player will play with the current settings.

To display the play queue screen

Flick the playback screen to the right.

1. Current track
2. Playback order
3. Pop-up menu icon
4. Track information
   - Artist name
   - Track title
   - Codec
     Codecs for High-Resolution Audio formats appear in color.
   - Length

Option/setting menu

Tap to display the menu.
Available menu items may differ depending on the screen or settings.

Settings	Select to display the Settings menu.
Add All Songs to Bookmark List	Select the item to add the current play queue to a bookmark list.
Add All Songs to Playlist	Select the item to add the current play queue to a playlist.

Pop-up menu

Tap to display the pop-up menu.
Available menu items may differ depending on the screen or settings.

Add to Bookmark List	Select the item to add the selected track to the bookmark list.

Add to Playlist	Select the item to add the selected track to a playlist.
Detailed Song Information	Select the item to display the details of the track.

Hint

- You can also display the pop-up menu by holding down an item in the list.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Playing music
- Playback methods
- Managing playlists on the player
- Managing bookmarks on the player

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Bookmark List screen

You can listen to tracks that you have registered to a bookmark list beforehand.
You can add tracks to bookmark lists on the playback screen, etc.

To display the bookmark list screen

Flick the playback screen to the left.

1. Track information
   - Cover art
   - Artist name
   - Track title
   - Codec
   - Length
2. Number of the current list
   The previous list and the next list buttons
3. Pop-up menu icon

Option/setting menu

Tap to display the menu.
Available menu items may differ depending on the screen or settings.

Settings	Select the item to display the Settings menu.
Edit Song Order	Select the item to change the order of tracks in the selected bookmark list. Drag-and-drop until they are in the desired order.
Add All Songs to Bookmark List	Select the item to add all tracks in the selected bookmark list to another bookmark list.
Add All Songs to Playlist	Select the item to add all tracks in the selected bookmark list to a playlist.
Delete All	Select the item to remove all tracks from the selected bookmark list.

Pop-up menu

Tap ••• to display the pop-up menu.
Available menu items may differ depending on the screen or settings.

Add to Another Bookmark List	Select the item to add the selected track to another bookmark list.
Add to Playlist	Select the item to add the selected track to a playlist.
Delete from Bookmark List	Select the item to remove the selected track from the current bookmark list.
Detailed Song Information	Select the item to display the details of the track.

Hint

- You can also display the pop-up menu by holding down an item in the list.

Note

- When you remove a microSD card from the player, tracks on the microSD card will be removed from the bookmark list.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Playing music
- Playback methods
- Managing playlists on the player
- Managing bookmarks on the player

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Sound quality setting screens

You can adjust various sound quality settings.

To display the sound quality setting screen

Flick the playback screen up.

To navigate the sound quality setting screens

Flick the screen left or right to select the sound quality setting that you want to adjust.
Tap the [ClearAudio+] switch to turn off the [ClearAudio+] function so that you can flick the screen.

Adjustable sound quality settings

- Equalizer
- DSEE HX
- DC Phase Linearizer
- VPT (Surround)
- Dynamic Normalizer
- Vinyl Processor

1. Name of the sound quality setting

2. [ClearAudio+] switch
   You can turn the [ClearAudio+] function on or off.

3. Page indicator
   The number of dots represents the number of available pages. Flick the screen to the left or right to switch to a different page.

Hint

- You can flick any of the sound quality setting screens down to return to the playback screen.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Adjusting the sound quality settings

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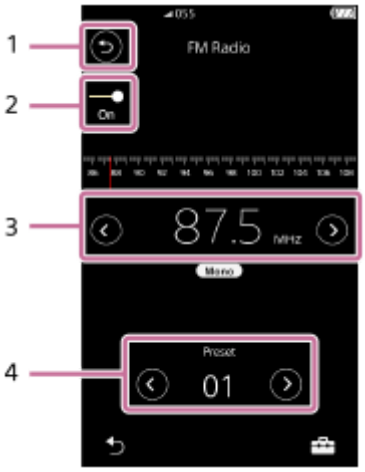
Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

FM Radio screen (Except for the NW-A55L)

You can listen to FM radio.

To switch to the FM radio function

Tap on the library screen.



1. button
   Tap the button to switch back to the music playback function.

2. FM radio switch (On/Off)
   Connect a pair of headphones to turn on the switch. The headphone cord works as an antenna.

3. Frequency
   Tap / to change the frequency.

4. Preset number
   Tap / to select a preset station.

Option/setting menu

Tap to display the menu.
Available menu items may differ depending on the screen or settings.

Save to Preset	Select the item to save the currently selected broadcast station as a preset.
Delete from Preset	Select the item to delete the currently selected broadcast station from the presets.
Auto Preset	Select the item to automatically search for and preset broadcast stations in your area.
FM Radio Settings	Select the item to configure the FM radio settings. (Scan Sensitivity, Mono/Auto)

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Library screen
- Listening to FM radio broadcasts (Except for the NW-A55L)
- Presetting FM radio stations (Except for the NW-A55L)

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Language Study screen

The language study function provides the useful functions for learning languages.

- DPC (Digital Pitch Control)
- A-B Repeat
- Quick Replay

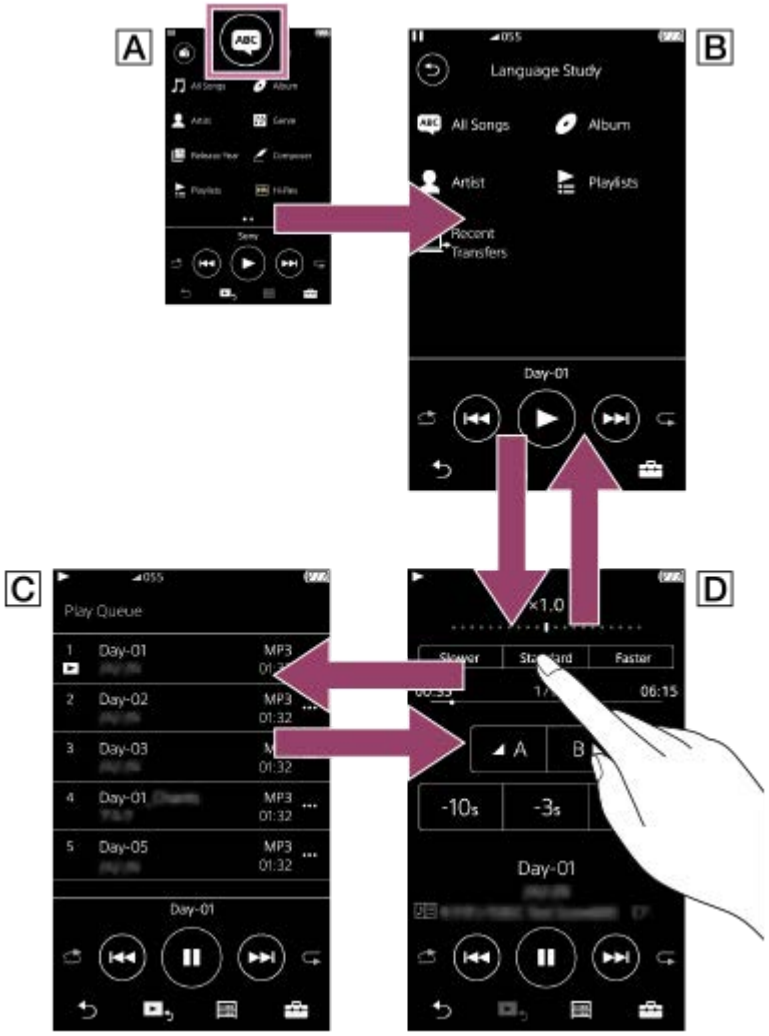
You need to transfer tracks from the computer to the [LEARNING] folder for using the language study function.

To switch to the language study function

Tap on the library screen.

Screen layout for the language study function

The language study function has the screen layout shown in the following illustrations. You can flick to navigate the screens.



A Library screen for the music playback function

Tap on the library screen to switch to the language study function.

B Library screen for the language study function

Select a track from the desired category.
Tap to switch back to the music playback function.

C Play queue screen for the language study function

You can check the list of tracks that the player will play with the current settings.

D Playback screen for the language study function

Useful learning functions are available.

- DPC (Digital Pitch Control)
- A-B Repeat
- Quick Replay

Option/setting menu

Tap to display the menu.
Available menu items may differ depending on the screen or settings.

Settings	Select the item to display the Settings menu.
Add to Playlist	Select the item to add the current track to a playlist.
Detailed Song Information	Select the item to display the details of the current track.
Display Lyrics	Select the item to display lyric information.
Edit Song Order	Select the item to change the order of tracks in the selected playlist. Drag-and-drop until they are in the desired order.
Add All Songs to Playlist	Select the item to add all tracks in the list to a playlist.
Move Songs to Music	Select the item to move the current track to the music library.

Pop-up menu

Tap to display the pop-up menu.
Available menu items may differ depending on the screen or settings.

Add to Playlist	Select the item to add the track to a playlist.
Edit Playlist Name	Select the item to edit the playlist name.
Delete from Playlist	Select the item to remove the track from the playlist.
Delete	Select the item to delete the track or the playlist.
Detailed Song Information	Select the item to display the details of the track.
Move Songs to Music	Select the item to move the selected track, album, or artist to the music library.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Library screen
- Using the language study function
- Transferring language study content from a Windows computer using Music Center for PC
- Transferring language study content using Windows Explorer
- Transferring language study content using Mac Finder

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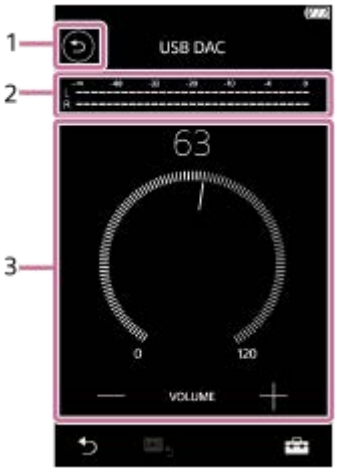
Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

USB-DAC screen

You can use the player as a USB-DAC device. Use this function to listen to music on a computer.

To switch to the USB-DAC function

Tap DAC on the library screen.



1. button
   Tap the button to switch back to the music playback function.

2. Signal indicator
   The indicator reflects the audio signal level of the music content that is being played.

3. Volume knob / VOLUME +/– buttons
   You can adjust the volume.

Option/setting menu

Tap to display the menu.

Settings	Select the item to display the Settings menu.

Hint

- Flick the USB-DAC screen up if you want to change the sound quality settings.
- While the player is playing music from a computer using the USB-DAC function, the following information appears on the USB-DAC screen.
  - File format of the current track
  - Sampling frequency of the current track

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Library screen
- Enjoying music content on a computer using the sound quality of the player (USB-DAC function)

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Bluetooth Receiver screen

You can use the player to enjoy music content stored on a smartphone (Bluetooth Receiver function). Use headphones with the player. The sound quality settings on the player apply to the output sound.

To switch to the Bluetooth Receiver function

Tap on the library screen.

1. button
   Tap the button to switch back to the music playback function.

2. [Add Device (Pairing)]
   Tap the button to prepare for pairing. [Cancel] appears while the player is pairing.
   If the player cannot complete pairing within 5 minutes, [Add Device (Pairing)] will appear again.
   If paired devices are found, [Reconnect] will appear.

3. Codec/name of the connected device

Option/setting menu

Tap to display the menu.

Settings	Select to display the Settings menu.

Hint

- Flick upward on the Bluetooth Receiver screen to change the sound quality settings. You can listen to music on a smartphone using the sound quality of the player.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Library screen
- Connecting the player to an unpaired smartphone for the first time
- Connecting the player to a paired smartphone
- One-touch connections with a smartphone (NFC)
- Configuring the Bluetooth function (Bluetooth receiving mode)

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

List of icons displayed in the information area

You can check the playback status and various settings using the icons displayed in the information area. The icons vary depending on the status of the player.

1. **Information area**

033	Volume status
AVLS	AVLS
►, ❚❚, ▶▶|, |◀◀	Playback status Play, pause, find the beginning of the next track, find the beginning of the current or previous track
HOLD	HOLD indicator
	Sleep Timer
	Bluetooth function
	NFC
NC	Noise Canceling
AMB	Ambient Sound Mode
	Battery status

Hint

- Tap the information area to open the volume dialog. You can turn the volume knob to adjust the volume.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Adjusting the volume

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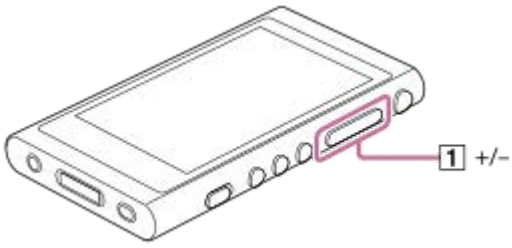
NW-A55/A55HN/A55L/A56/A56HN/A57

Adjusting the volume

Adjusting the volume

On the player: Press the button ([1]) to adjust the volume.



On the screen: Tap the area ([1]) on the playback screen to display the volume dialog. Turn the knob ([2]) to adjust the volume. Tap [3] to close the volume dialog.

Hint

- You can also use the +/– buttons at the bottom of the volume dialog to adjust the volume.

Limiting the volume

The AVLS (Automatic Volume Limiter System) function reduces the risk of damage to ears from loud volumes. Using AVLS limits the maximum volume.
AVLS has the following features.

- AVLS limits the volume to a certain level.
- AVLS prevents disturbances to others caused by loud volumes.
- AVLS reduces risks that occur when you cannot hear ambient sound.
- AVLS allows you to listen at a more comfortable volume.

1. Tap the menu items in the following order.
   – [Settings] – [Output Settings] ([Basic Settings]).

2. Tap [AVLS (Volume Limit)] ([Headphone Output]) to add a check mark.

Note

- [AVLS (Volume Limit)] does not work while there is an active Bluetooth connection.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Volume operation in compliance with European and Korean Directives

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Volume operation in compliance with European and Korean Directives

- For European customers
- For Korean customers (models supplied with headphones)

The alarm (beep) and warning [Check the volume level.] are intended to protect your ears. They occur when you initially turn the volume up to a harmful level. You can cancel the alarm and warning by tapping [OK] on the alert dialog.

Note

- You can turn up the volume after you cancel the alarm and warning.
- After the initial warning, the alarm and warning will repeat every 20 cumulative hours that the volume is set to a level that is harmful to your ears. When this happens, the volume will turn down automatically.
- If you turn off the player after you have selected a high volume that may damage your eardrums, the volume level will automatically be lower when you turn on the player the next time.
- The alarm will not sound when there is an active Bluetooth connection.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Adjusting the volume

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Browsing the operating guide

You can browse the operating guide to take a quick tour of the operations on the player.

1 **On the library screen or the playback screen, tap and then [View Help].**

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Digital Music Player
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Preparing music content

Before you transfer music content to the player, you need to prepare the music content.
This topic includes instructions for the following operations.

- Importing music content from an audio CD to Music Center for PC.
- Importing music content stored on a computer to Music Center for PC.
- Importing music content stored on an external media device to a computer.
- Purchasing music content from online music services.

The instructions below are for operations using Music Center for PC. Music Center for PC is the recommended application for the player. Install Music Center for PC in advance.

Note

- Imported music content is limited to private use only. Use of music content for other purposes requires the permission of the copyright holders.
- If you are using a Mac computer, use Content Transfer.

Importing music content from an audio CD to Music Center for PC

1. Use a computer on which Music Center for PC has been installed.
2. Launch Music Center for PC.
3. Click [CD] under [Import] in the sidebar.
4. Insert an audio CD into the media drive of the computer.
   The music content on the audio CD will appear on the Music Center for PC screen.
   You can change the format setting for importing CDs, if necessary. Click ··· next to ⏏, and then select a file format from [CD import settings].
   - For higher sound quality: FLAC
   - For normal sound quality: AAC (.mp4), MP3 (.mp3)
5. Add check marks to the music content that you want to import.
6. Click [Import] to start importing music content.
   To cancel importing, click [Stop].

For details on the procedure, see [How to use] on the Music Center for PC support website.
(https://www.sony.net/smc4pc/)

Hint

- You can also use iTunes instead of Music Center for PC to import audio CDs.

Importing music content stored on a computer to Music Center for PC

1. Use a computer on which Music Center for PC has been installed.
2. Launch Music Center for PC.

3. Click (menu) in the top left of the Music Center for PC screen. Then, select the import method from the [File] menu.
4. Specify folders or files for the music content that you want to import.
5. Start importing music content.

For details on the procedure, see [How to use] on the Music Center for PC support website.
(https://www.sony.net/smc4pc/)

Importing music content stored on an external media device to a computer

Use an external media device that contains music content.
The following instructions are for Windows Explorer. If you are using a Mac computer, use Finder.

1. Connect the external media device to a computer.
2. Open the external media device in Windows Explorer.
3. Open the [Music] folder of the computer in Windows Explorer.
4. Drag-and-drop the folders or files from the external media device to the [Music] folder on the computer.

Purchasing music content from online music services

You can purchase music content from online music services.
Check the service guide for the provider you use. Each service provider has different downloading procedures, compatible file formats, and payment methods. Note that the provider may choose to suspend or terminate the service without notice.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Installing Music Center for PC (Windows)
- Installing Content Transfer (Mac)
- Transferring content from a Windows computer using Music Center for PC
- Transferring content using Windows Explorer
- Transferring content from a Mac computer using Content Transfer
- Transferring content using Mac Finder
- Adding lyric information using a computer
- Playing music

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Purchasing High-Resolution Audio content

High-Resolution Audio refers to audio content in a format with higher sound quality than the CD standard. High-Resolution Audio content is available via online music services.

Access an online music service that provides High-Resolution Audio content. Services vary by country or region. Check the service guide for the provider you use. Each service provider has different downloading procedures, compatible file formats, and payment methods.
Note that the provider may choose to suspend or terminate the service without notice.

To transfer High-Resolution Audio content to the player

- On a Windows computer: Use Music Center for PC or Windows Explorer.
- On a Mac computer: Use Content Transfer or Finder.

Hint

- High-Resolution Audio content is indicated with an icon (HR) both on the player and in Music Center for PC.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Installing Music Center for PC (Windows)
- Installing Content Transfer (Mac)
- Transferring content from a Windows computer using Music Center for PC
- Transferring content using Windows Explorer
- Transferring content from a Mac computer using Content Transfer
- Transferring content using Mac Finder

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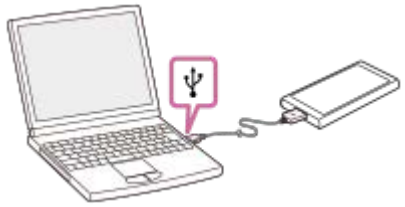
Transferring content from a Windows computer using Music Center for PC

You can transfer music content that is stored on a Windows computer to the player via Music Center for PC.
Illustrations and operational procedures are examples when using Music Center for PC Version 2.0.

Note

- If you connect the player to a battery-powered computer, the battery of the computer will deplete. When you connect the player to a computer for a long period of time, connect the computer to an AC power supply.

1. **Use a computer on which Music Center for PC has been installed.**
2. **Launch Music Center for PC.**
3. **Connect the player to the computer via USB.**



4. **Select the connected device from [Transfer and Manage] in the sidebar of the Music Center for PC screen.**

   The transfer screen for the player will appear on the right side.
   A list of music content in Music Center for PC will appear on the left side.

5. **Select a destination from the transfer screen.**

   To transfer music content to the microSD card in the player:
   Select the microSD card from the device selection menu on the transfer screen.

6. **Select albums or tracks from the left side.**
7. **Click → to transfer.**

For details on the procedure, see [How to use] on the Music Center for PC support website.
(https://www.sony.net/smc4pc/)

Note

- Do not disconnect the USB cable during data transfer. Otherwise, the data may be damaged.
- Transferred music content is limited to private use only. Use of music content for other purposes requires the permission of the copyright holders.
- On the player, you cannot exchange data between the player memory and a microSD card.
- The use of a USB hub is only guaranteed when you use a self-powered USB hub that carries an authorized logo.

- While the player is connected to a computer, observe the following cautions. Otherwise, the player may not function properly.
  - Do not turn on the computer.
  - Do not restart the computer.
  - Do not wake the computer from sleep mode.
  - Do not shut down the computer.
- While you are transferring or importing music content on Music Center for PC, make sure that the computer does not enter the sleep mode or standby mode.
  The data may be lost or Music Center for PC may not reboot normally.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Installing Music Center for PC (Windows)
- Preparing music content
- Purchasing High-Resolution Audio content
- Transferring content using Windows Explorer
- Transferring language study content from a Windows computer using Music Center for PC
- Transferring language study content using Windows Explorer
- Playing music
- Supported formats

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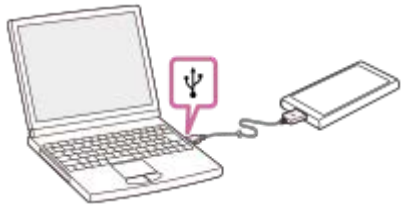
Transferring content using Windows Explorer

You can transfer music content directly by dragging and dropping it from Windows Explorer.

Note

- If you connect the player to a battery-powered computer, the battery of the computer will deplete. When you connect the player to a computer for a long period of time, connect the computer to an AC power supply.

1 Connect the player to the computer via USB.



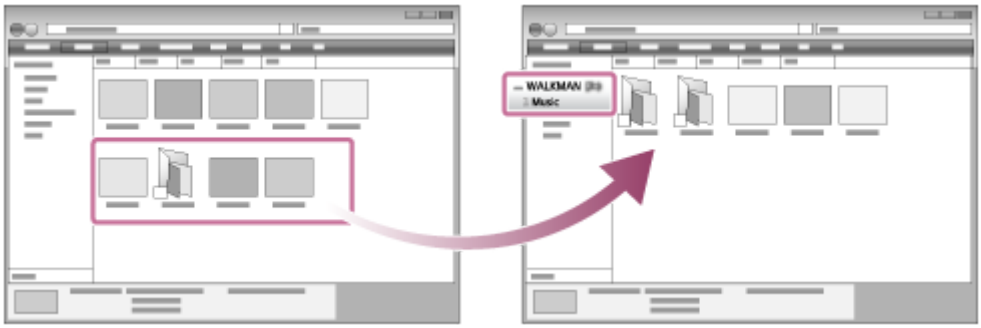
2 Open the [WALKMAN] folder as follows.

- Windows 10:
  Open [File Explorer] from the [Start] menu. Select [WALKMAN] from the left pane.
- Windows 8.1:
  Open [File Explorer] from [Desktop]. Select [WALKMAN] from the list under [This PC].
- Windows 7:
  Select [Start], [Computer], and then [WALKMAN].

You can also transfer music content to a microSD card.
Select the folder with the name of the microSD card instead of [WALKMAN].

3 Open the [MUSIC] folder in [WALKMAN].

4 Drag-and-drop the files or folders on the computer to the [MUSIC] folder.



Confirm that the transfer is complete. Then, disconnect the player from the computer.

Hint

- Refer to [Supported formats] for details on compatible file formats.

- If you want to transfer language study content, open the [LEARNING] folder.
- You can add cover art images for albums manually so that the image will appear on the player screen. First, rename the image file with the same name as the folder for the album. (Do not change the extension for the image file at this time.) Then, add the image file to the folder for the album.
  The player displays the following files for cover art images.
  - Baseline JPEG
  - Non-interlaced PNG
  - Maximum size: 4,096 × 4,096

Note

- Observe the following precautions. Otherwise, the player may not be able to play the files.
  - Do not change the names of the root folders (such as [MUSIC]).
  - Do not transfer the files to folders other than [MUSIC] or [LEARNING].
  - Do not disconnect the USB cable during data transfer.
  - Do not format the memory of the player on the computer.
- The player may not display information for some music content correctly depending on the language setting on the player.
- Transferred music content is limited to private use only. Use of music content for other purposes requires the permission of the copyright holders.
- The use of a USB hub is only guaranteed when you use a self-powered USB hub that carries an authorized logo.
- While the player is connected to a computer, observe the following cautions. Otherwise, the player may not function properly.
  - Do not turn on the computer.
  - Do not restart the computer.
  - Do not wake the computer from sleep mode.
  - Do not shut down the computer.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Preparing music content
- Purchasing High-Resolution Audio content
- Transferring content from a Windows computer using Music Center for PC
- Transferring language study content from a Windows computer using Music Center for PC
- Transferring language study content using Windows Explorer
- Playing music
- Supported formats

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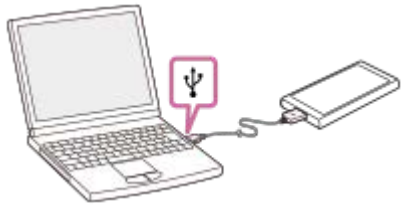
Importing content from the player to Music Center for PC

Illustrations and operational procedures are examples when using Music Center for PC Version 2.0.

Note

- If you connect the player to a battery-powered computer, the battery of the computer will deplete. When you connect the player to a computer for a long period of time, connect the computer to an AC power supply.

1. **Use a computer on which Music Center for PC has been installed.**
2. **Launch Music Center for PC.**
3. **Connect the player to the computer via USB.**



4. **Select the connected device from [Transfer and Manage] in the sidebar of the Music Center for PC screen.**

   The transfer screen for the player will appear on the right side.
   A list of music content in Music Center for PC will appear on the left side.
   To import music content from the microSD card in the player:
   Select the microSD card from the device selection menu on the transfer screen.

5. **Click [Manage songs in device] to display the list of music content on the player.**
6. **Select the music content that you want to import to Music Center for PC.**

   You can also select language study content.

7. **Right-click the music content to select [Import to PC].**

For details on the procedure, see [How to use] on the Music Center for PC support website.
(https://www.sony.net/smc4pc/)

Note

- Do not disconnect the USB cable during data transfer. Otherwise, the data may be damaged.
- Imported music content is limited to private use only. Use of music content for other purposes requires the permission of the copyright holders.
- The use of a USB hub is only guaranteed when you use a self-powered USB hub that carries an authorized logo.
- While the player is connected to a computer, observe the following cautions. Otherwise, the player may not function properly.

- Do not turn on the computer.
- Do not restart the computer.
- Do not wake the computer from sleep mode.
- Do not shut down the computer.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Installing Music Center for PC (Windows)
- Playing music
- Supported formats

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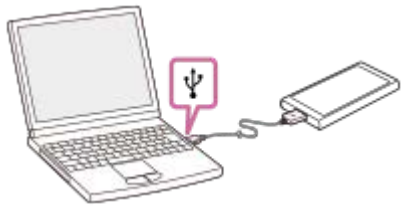
Transferring language study content from a Windows computer using Music Center for PC

You can transfer language study content to the player using Music Center for PC.
Illustrations and operational procedures are examples when using Music Center for PC Version 2.0.

Note

- If you connect the player to a battery-powered computer, the battery of the computer will deplete. When you connect the player to a computer for a long period of time, connect the computer to an AC power supply.

1. **Use a computer on which Music Center for PC has been installed.**
2. **Launch Music Center for PC.**
3. **Connect the player to the computer via USB.**



4. **Select [My Library] to open the list of content on Music Center for PC.**
5. **Select the language study content (track, album, etc.).**
6. **Right-click the language study content (track, album, etc) to open [Properties].**
7. **Scroll the [Properties] window to the bottom. Then, select [Language study] from the [Kind] menu.**
8. **Click [OK] to close the [Properties] window.**
9. **Click → to transfer the language study content to the player.**

For details on the procedure, see [How to use] on the Music Center for PC support website.
(https://www.sony.net/smc4pc/)

Note

- Do not disconnect the USB cable during data transfer.
- Transferred language study content is limited to private use only. Use of language study content for other purposes requires the permission of the copyright holders.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Installing Music Center for PC (Windows)
- Preparing music content
- Transferring content from a Windows computer using Music Center for PC
- Transferring language study content using Windows Explorer
- Using the language study function

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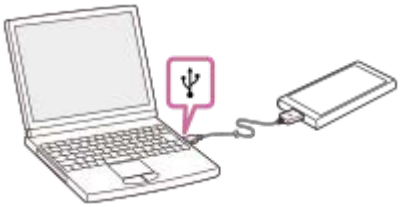
Transferring language study content using Windows Explorer

You can transfer language study content to the player using Windows Explorer.

Note

- If you connect the player to a battery-powered computer, the battery of the computer will deplete. When you connect the player to a computer for a long period of time, connect the computer to an AC power supply.

1 Connect the player to the computer via USB.



2 Open the [WALKMAN] folder as follows.

- Windows 10:
  Open [File Explorer] from the [Start] menu. Select [WALKMAN] from the left pane.
- Windows 8.1:
  Open [File Explorer] from [Desktop]. Select [WALKMAN] from the list under [This PC].
- Windows 7:
  Select [Start], [Computer], and then [WALKMAN].

You can also transfer language study content to a microSD card.
Select the folder with the name of the microSD card instead of [WALKMAN].

3 Open the [LEARNING] folder in [WALKMAN].

4 Drag-and-drop the files or folders on the computer to the [LEARNING] folder.

Confirm that the transfer is complete. Then, disconnect the player from the computer.

Hint

- You can also prepare language study content on the player. You can move tracks, albums, or artists from the music library to the language study library.

- On the playback screen, tap the menu items in the following order. You can move the current track.
  – [Move Songs to Language Study].
- On a track list, album list, or artist list, tap the menu items in the following order. You can move the selected track, album, or artist.
  – [Move Songs to Language Study].

Note

- Observe the following precautions. Otherwise, the player may not be able to play the files.
  - Do not change the names of the root folders (such as MUSIC).
  - Do not transfer the files to folders other than [LEARNING].
  - Do not disconnect the USB cable during data transfer.
  - Do not format the memory of the player on the computer.
- The player may not display information for some language study content correctly depending on the language setting on the player.
- Transferred language study content is limited to private use only. Use of language study content for other purposes requires the permission of the copyright holders.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Preparing music content
- Transferring language study content from a Windows computer using Music Center for PC
- Using the language study function

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Transferring content from a Mac computer using Content Transfer

You can use Content Transfer. Music content with copyright protection cannot be transferred.

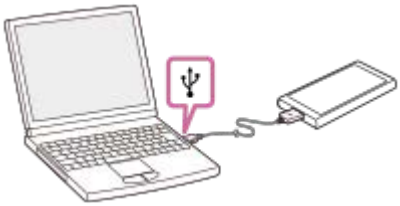
Note

- If you connect the player to a battery-powered computer, the battery of the computer will deplete. When you connect the player to a computer for a long period of time, connect the computer to an AC power supply.

1. **Use a computer on which Content Transfer has been installed.**

2. **Launch Content Transfer.**

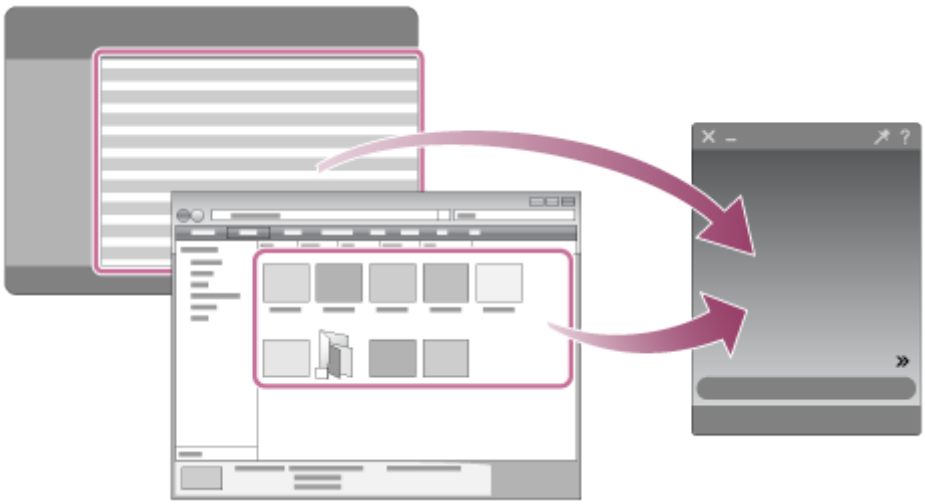
3. **Connect the player to the computer via USB.**



4. **Select the destination memory on the player (the internal memory or a microSD card).**

5. **Open Finder or iTunes. Then, select the music content.**

6. **Drag-and-drop the music content into Content Transfer.**



Confirm that the transfer is complete. Then, disconnect the player from the computer.

Hint

- Refer to [Supported formats] for details on compatible file formats.

Note

- Operation may not be guaranteed depending on the version of iTunes.
- Do not disconnect the USB cable during data transfer. Otherwise, the data may be damaged.
- Transferred music content is limited to private use only. Use of music content for other purposes requires the permission of the copyright holders.
- The use of a USB hub is only guaranteed when you use a self-powered USB hub that carries an authorized logo.
- While the player is connected to a computer, observe the following cautions. Otherwise, the player may not function properly.
  - Do not turn on the computer.
  - Do not restart the computer.
  - Do not wake the computer from sleep mode.
  - Do not shut down the computer.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Installing Content Transfer (Mac)
- Preparing music content
- Purchasing High-Resolution Audio content
- Playing music
- Supported formats

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NW-A55/A55HN/A55L/A56/A56HN/A57

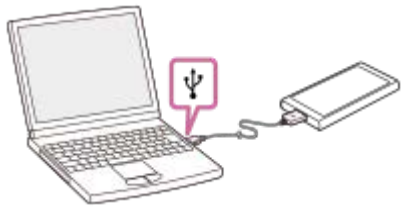
Transferring content using Mac Finder

You can transfer music content directly by dragging and dropping it from Finder. Music content with copyright protection cannot be transferred.

Note

- If you connect the player to a battery-powered computer, the battery of the computer will deplete. When you connect the player to a computer for a long period of time, connect the computer to an AC power supply.

1 Connect the player to a running computer via USB.

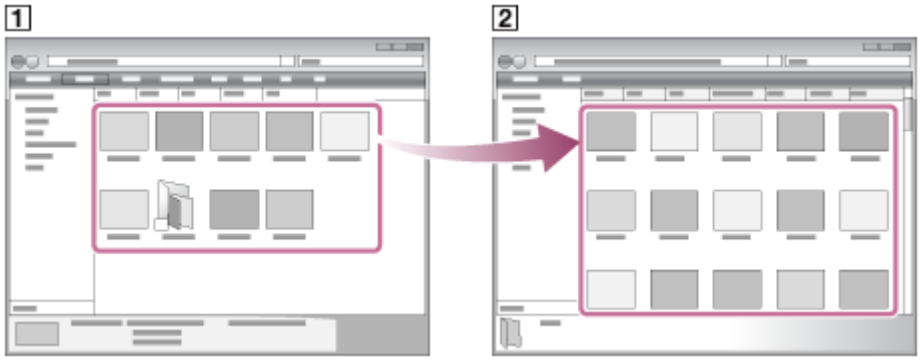


2 Select [WALKMAN] in the sidebar of the Finder.

You can also transfer music content to a microSD card.
Select the folder with the name of the microSD card instead of [WALKMAN].

3 Open the [MUSIC] folder in [WALKMAN].

4 Drag-and-drop the files or folders (1) to the [MUSIC] folder (2) in [WALKMAN].



Confirm that the transfer is complete. Then, disconnect the player from the computer.

Hint

- Refer to [Supported formats] for details on compatible file formats.
- If you want to transfer language study content, open the [LEARNING] folder.
- You can add cover art images for albums manually so that the image will appear on the player screen. First, rename the image file with the same name as the folder for the album. (Do not change the extension for the image file at this time.) Then, add the image file to the folder for the album.
  The player displays the following files for cover art images.

- Baseline JPEG
- Non-interlaced PNG
- Maximum size: 4,096 × 4,096

Note

- Observe the following precautions. Otherwise, the player may not be able to play the files.
  - Do not change the names of the root folders (such as [MUSIC]).
  - Do not transfer the files to folders other than [MUSIC] or [LEARNING].
  - Do not disconnect the USB cable during data transfer.
  - Do not format the memory of the player on the computer.
- The player may not display information for some music content correctly depending on the language setting on the player.
- Transferred music content is limited to private use only. Use of music content for other purposes requires the permission of the copyright holders.
- The use of a USB hub is only guaranteed when you use a self-powered USB hub that carries an authorized logo.
- While the player is connected to a computer, observe the following cautions. Otherwise, the player may not function properly.
  - Do not turn on the computer.
  - Do not restart the computer.
  - Do not wake the computer from sleep mode.
  - Do not shut down the computer.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Installing Content Transfer (Mac)
- Preparing music content
- Purchasing High-Resolution Audio content
- Transferring language study content using Mac Finder
- Playing music
- Supported formats

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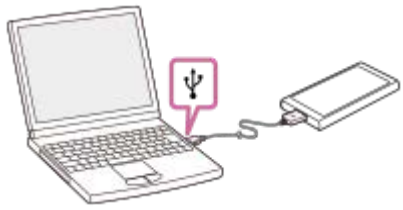
Transferring language study content using Mac Finder

You can transfer language study content to the player using Finder. Language study content with copyright protection cannot be transferred.

Note

- If you connect the player to a battery-powered computer, the battery of the computer will deplete. When you connect the player to a computer for a long period of time, connect the computer to an AC power supply.

1 Connect the player to a computer via USB.

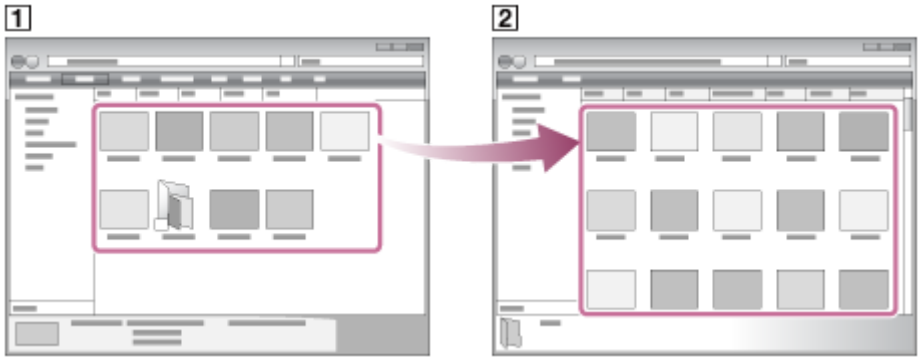


2 Select [WALKMAN] in the sidebar of the Finder.

You can also transfer language study content to a microSD card.
Select the folder with the name of the microSD card instead of [WALKMAN].

3 Open the [LEARNING] folder in [WALKMAN].

4 Drag-and-drop the files or folders ([1]) to the [LEARNING] folder ([2]) in [WALKMAN].



Confirm that the transfer is complete. Then, disconnect the player from the computer.

Note

- Observe the following precautions. Otherwise, the player may not be able to play the files.
  - Do not change the names of the root folders (such as MUSIC).
  - Do not transfer the files to folders other than [LEARNING].
  - Do not disconnect the USB cable during data transfer.
  - Do not format the memory of the player on the computer.
- The player may not play some files due to copyright protection.

- The player may not display information for some language study content correctly depending on the language setting on the player.
- Transferred language study content is limited to private use only. Use of language study content for other purposes requires the permission of the copyright holders.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Preparing music content
- Transferring content using Mac Finder
- Using the language study function

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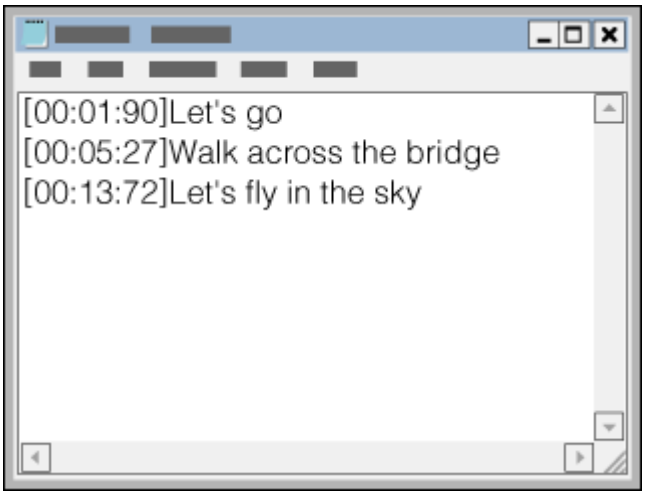
Adding lyric information using a computer

You can input lyrics to a text file (an LRC file). Transfer both the text file (LRC file) and the music file to the player.

Creating lyrics in a text file (LRC file)

1. Open the [Notepad] in Windows Accessories.
2. Enter the lyrics into [Notepad].
3. Play the track and enter the time to display each line of text.



- You can enter the time information to the left of each line of text in the following format.
  Minutes:seconds:hundredths of a second (*1)
- Time information must be entered in chronological order.
- You can separate seconds and hundredths of a second using a period instead of a colon.

*1 You can omit hundredths of a second.

4. Save the file.

- Select [UTF-8] as the character encoding.
- Set the same file name as the music file.
- Set [.lrc] as the extension.
- The maximum file size is 512 KB.
- If a text line cannot fit on the screen, it will be wrapped.
- The number of lines of text that can be displayed simultaneously depends on the model.
- CR, CRLF, and LF line breaks are all recognized.
- Blank text lines will be skipped.

5. Connect the player to the computer via USB.
6. Open the [WALKMAN] folder according to one of the following procedures.

- Windows 10:
  Open [File Explorer] from the [Start] menu. Select [WALKMAN] from the left pane.
- Windows 8.1:
  Open [File Explorer] from [Desktop]. Select [WALKMAN] from the list under [This PC].

- Windows 7:
  Select [Start], [Computer], and then [WALKMAN].

You can also transfer music files to a microSD card.
Select the folder with the name of the microSD card instead of [WALKMAN].

7. Create a new folder in the [MUSIC] folder under [WALKMAN]. Then, drag-and-drop both the music file and the LRC file into the new folder to transfer them.

Hint

- The following numbers of characters are recommended when you display lyrics on the player.
  - Single-byte characters (for example, alphanumeric characters): 40 characters per line.
  - 2-byte characters (for example, Chinese characters): 20 characters per line.
- Save the LRC files in the same folder as the music files. The LRC files will be transferred to the player when the music files are transferred.
- On a Mac computer, you can create lyrics using “TextEdit” and other text editors. Follow the same procedure as that described above to enter the lyrics or time information in the “Plain text” setting.

Copyright notice

When you create LRC files using copyrighted materials authored by others, the LRC files are limited to private use only. Use of LRC files for other purposes requires the permission of the copyright holders.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Obtaining lyric information
- Displaying lyrics

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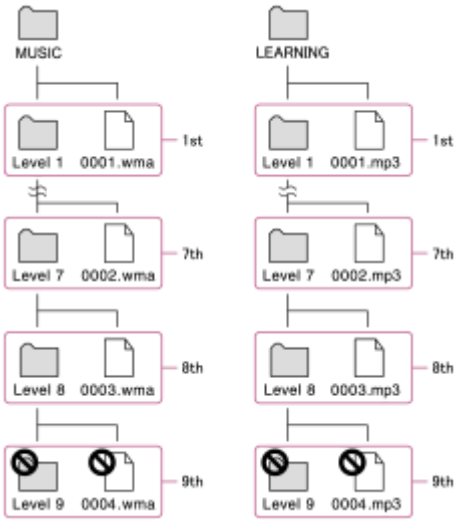
Notes on transferring content from a computer

Drag-and-drop music files into the correct folder as shown in the following illustration.
The player can play back music files stored in the first through eighth level of each folder.



Note

- Do not rename the following default folders. Otherwise, the player will not recognize the folders.
  - MUSIC
  - LEARNING

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Playing music

To play tracks, first select a category.
You need to transfer music content from a computer to the player in advance.

On a Windows computer

- Use Music Center for PC to transfer content from a CD or the computer to the player.
- Drag-and-drop content from Windows Explorer.

On a Mac computer

- Use Content Transfer to transfer content from iTunes.
- Drag-and-drop content from Finder.

1 **Tap to open the library screen.**

2 **Tap the desired category (1).**

You can flick the screen to the left or right to switch pages. The number of dots represents the number of available pages (2).

3 **Select subcategories until a track list appears, and then select the desired track.**

Playback will start.

Playback operating buttons on the player

Operation button	Function
►II	Press the button to start or pause playback.
I◄◄	Press the button to skip to the beginning of the current track or the previous track. Hold down the button to fast rewind the track while playing.
►►I	Press the button to skip to the beginning of the next track. Hold down the button to fast forward the track while playing.

Hint

- You can move tracks, albums, or artists from the music library to the language study library.
  - On the playback screen, tap the menu items in the following order. You can move the current track.
    – [Move Songs to Language Study].
  - On a track list, album list, or artist list, tap the menu items in the following order. You can move the selected track, album, or artist.
    – [Move Songs to Language Study].

Note

- If the player does not play tracks in the order you want, try the following.
  - Use the bookmark function or playlist function on the player.
  - Create playlists with Music Center for PC or iTunes and transfer them.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Turning the power on or off
- How to use the various screens
- Installing Music Center for PC (Windows)
- Library screen
- Playback screen
- Preparing music content
- Transferring content from a Windows computer using Music Center for PC
- Transferring content using Windows Explorer
- Transferring content from a Mac computer using Content Transfer
- Transferring content using Mac Finder
- Playback methods

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Playback methods

This topic includes instructions for the following operations.

- Selecting the playback mode.
- Setting the playback range.

Selecting the playback mode

1. Tap the area (1 or 2) to select a playback mode.

   - : Shuffle Playback
   - 1: Repeat 1 Song
   - : Repeat All

   When and are lit up, the player will play all tracks in the selected playback range randomly.
   To return to the normal playback mode, tap the icons so that both and darken.

Hint

- You can also set the playback mode from the settings menu. Tap the menu items in the following order.
  – [Settings] – [Playback Settings] ([Basic Settings]).
  Then, select the desired playback mode from [Play Mode].

Setting the playback range

1. Tap the menu items in the following order.
   – [Settings] – [Playback Settings] ([Basic Settings]).

2. Tap the desired playback range from [Playback Range].

Diagram of the relationship between playback mode and playback range

Play Mode	Playback Range	
	All Range	Selected Range
	All tracks are played in random order.	Tracks in the

Shuffle Playback	To shuffle all the tracks on the player, select [All Songs] on the library screen. If you select a track from [Album] on the library screen, the player will shuffle all the tracks in the selected album. When the player finishes playing all the tracks in the album, playback will proceed to the next album. Then, the player will shuffle all the tracks in the album.	selected range are played in random order. (*1)
Repeat Off	All tracks are played in sequential order.	Tracks in the selected range are played in sequential order. (*1)
Repeat 1 Song	The current track is played repeatedly.	The current track is played repeatedly.
Repeat All	All tracks are played repeatedly. To repeat all the tracks on the player, select [All Songs] on the library screen.	Tracks in the selected range are played repeatedly. (*1)

*1 “Selected range” means one album or one artist, for example.

Note

- When you play a track using the [SensMe™ Channels] function, you cannot change the playback mode.
- When you select a track from a bookmark list, the player plays tracks in the selected bookmark list only.
  Tracks in other bookmark lists will not be played even when [Playback Range] is set to [All Range].
- When you select a track from a playlist, the player plays tracks in the selected playlist only.
  Tracks in other playlists will not be played even when [Playback Range] is set to [All Range].

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Playback screen
- Playing music

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Using [SensMe™ Channels]

The [SensMe™ Channels] function automatically groups tracks by theme. You can play tracks to suit your mood, current activity, the time of day, and more.
To use the [SensMe™ Channels] function on the player, tracks must be analyzed by Music Center for PC before you transfer the tracks. To analyze tracks, activate the 12 TONE ANALYSIS function on Music Center for PC. The tracks that are imported to Music Center for PC will be automatically analyzed and the results will be set to the tracks. For details on operation, see the Music Center for PC support website.

1 On the library screen, tap [SensMe™ Channels].

Hint

- [SensMe™ Channels] can be used for tracks that were transferred from applications that support the 12 TONE ANALYSIS technology (developed by Sony).
- When you open a channel using the [SensMe™ Channels] function or switch to a different channel, the track is played starting from the most melodic or rhythmical section.
- Tracks are played in random order. Each time you select a channel, the order of playback will be different.

Note

- The player only displays channels that contain tracks.

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Related Topic

- Library screen

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Obtaining lyric information

To display lyric information on the player, you need to transfer a lyric text file (LRC file) together with the track file to the player.

You can obtain lyric information in the following ways.

- Obtain lyric information via the Internet, and then create a text file (LRC file).
- Input lyrics to a text file (LRC file) by yourself.

For details on LRC files, refer to the relevant topic under [Related Topic].

Note

- Lyric information is limited to private use only. Use of lyric content for other purposes requires the permission of the copyright holders.

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Related Topic

- Displaying lyrics
- Adding lyric information using a computer

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Displaying lyrics

Transfer tracks with lyric information to the player. Then, set the player to display lyrics.
When lyric information is available for a track, an icon (1) lights up.

1 On the playback screen, tap and then [Display Lyrics].

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Related Topic

- Obtaining lyric information
- Adding lyric information using a computer

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Digital Music Player
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Managing playlists on the player

You can collect your favorite tracks and save them as playlists on the player.
This topic includes instructions for the following operations.

- Adding tracks to playlists on the player.
- Listening to playlists on the player.
- Deleting playlists from the player.

Adding tracks to playlists on the player

Playlists can be saved either in the internal memory of the player or on the microSD card. You cannot add a track from the internal memory to a playlist on the microSD card or vice versa.

1. Perform one of the following.

   - While the player is playing or pausing a track that you want to add to a playlist:
     On the playback screen, tap and then [Add to Playlist].
   - When a list (track list, album list, play queue, etc.) is displayed:
     Tap beside the desired item in the list to display the pop-up menu. Then, tap [Add to Playlist].

   The playlist selection screen will appear.

2. Tap the playlist name to add the track.

Hint

- Up to 999 tracks can be added to a playlist.
- You can add a whole list to a playlist. When the play queue screen or the bookmark list screen is displayed, tap and then [Add All Songs to Playlist].
- You can change the order of tracks in a playlist. Select a playlist from the library screen. Tap and then [Edit Song Order]. Drag-and-drop to rearrange the tracks. Tap [Complete] to save the order of tracks.
- You can change the name of a playlist from the pop-up menu. On the library screen, tap [Playlists]. Tap beside the desired playlist and then [Edit Playlist Name].
- You can transfer playlists created using Music Center for PC or iTunes to the player. Playlists in the m3u file format can be managed on the player.
- You can create a new playlist on the player. To create a new playlist, tap the menu items in the following order.
  – [Add to Playlist] – [New Playlist].
  Then, name the playlist and tap [Complete] to finish.

Note

- You cannot register cover art images for playlists.

Listening to tracks in a playlist on the player

1. On the library screen, tap [Playlists].

2. Tap the desired playlist and then tap the desired track.

Deleting playlists from the player

1. On the library screen, tap [Playlists] to display the list of playlists.
2. Tap ••• beside the playlist that you want to delete, and then tap [Delete].
3. Follow the onscreen instruction.

Hint

- You can remove a track from a playlist.
  Display the list of tracks in the playlist and tap ••• to display the pop-up menu. Then, select [Delete from Playlist].

Note

- Even if you delete a playlist, the tracks in the playlist will not be deleted from the player.

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Related Topic

- Library screen
- Playback screen
- Play Queue screen
- Bookmark List screen

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Managing bookmarks on the player

You can add your favorite tracks to bookmark lists. Up to 10 bookmark lists are available. Up to 999 tracks can be added to a bookmark list.
This topic includes instructions for the following operations.

- Adding tracks to bookmark lists.
- Listening to bookmarked tracks on the player.
- Removing tracks from a bookmark list on the player.

Adding tracks to bookmark lists

1. Perform one of the following.

   - While the player is playing or pausing a track that you want to bookmark:
     On the playback screen, tap and then [Add to Bookmark List].
   - When a list (track list, album list, play queue, etc.) is displayed:
     Tap beside the desired item in the list to display the pop-up menu. Then, tap [Add to Bookmark List].

   The bookmark list selection screen will appear.

2. Select the desired bookmark list.

Hint

- You can add a whole list to a bookmark list. When the play queue screen or the bookmark list screen is displayed, tap and then [Add All Songs to Bookmark List].
- You can change the order of tracks in a bookmark list.
  Select a bookmark list. Tap and then [Edit Song Order]. Drag-and-drop to rearrange the tracks. Tap [Complete] to save the order of tracks.

Note

- You cannot import bookmark lists to a computer.
- You cannot add language study content to bookmark lists.

Listening to bookmarked tracks on the player

1. Display the bookmark list screen.
2. Tap / to select a list, and then select a track.

Removing tracks from a bookmark list on the player

1. Tap beside the track in a bookmark list.
2. Tap [Delete from Bookmark List].

Hint

- You can remove all the tracks from a bookmark list.
  On the bookmark list screen, tap and then [Delete All].

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Related Topic

- Library screen
- Playback screen
- Play Queue screen
- Bookmark List screen

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Deleting tracks from the player

You can delete tracks from the player.

1. **On the library screen, display one of the following items.**
   - To delete tracks, tap the desired category (albums, artists, etc.), and the desired subcategory until a track list appears.
   - To delete a folder, tap [Folder] and then the desired folder.

2. **Tap ··· to display the pop-up menu and tap [Delete].**

   Follow the onscreen instructions.

Hint

- You can also delete tracks on a computer using the following applications. For details on operations, refer to the online help information for each application.
  - Windows: Music Center for PC, Windows Explorer
  - Mac: Content Transfer, Finder

Note

- When you delete tracks using Windows Explorer or Mac Finder, do not delete or rename the root folder (such as [MUSIC]). Otherwise, the player will not recognize the content.

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Related Topic

- Library screen

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Connecting the player to an unpaired Bluetooth device for the first time

The BLUETOOTH® function enables wireless connections between devices. The devices need to support Bluetooth wireless technology. A wireless connection is possible at a range of up to 10 meters in an open area.
You can use the Bluetooth transmitting function for the following operations.

- Listening to music wirelessly.
  Connect a Bluetooth device such as headphones or speakers. You can listen to music wirelessly.

When you connect Bluetooth devices wirelessly for the first time, the devices must be registered to each other. This registration is called “pairing”. Once the player and the device are paired, you can easily connect the devices in the future.
The following instructions are a basic step-by-step procedure for connecting the player and a Bluetooth device.

1. **Turn on the Bluetooth function on the Bluetooth device, if necessary.**

2. **On the library screen of the player, tap the menu items in the following order.**
   – [Settings] – [Connect to/Add Audio Device] ([Bluetooth]).

   The Bluetooth connection screen will appear.

3. **Tap the Bluetooth switch (1) to turn on the Bluetooth function and tap [Add Device (Pairing)] (2).**

   will appear in the information area. A list of the connectable devices will appear on the screen (3).

4. **Tap the Bluetooth device.**

   If you are required to enter a passkey while pairing, check and enter the passkey for the Bluetooth device. For details on the passkey for the Bluetooth device, refer to the manual of the device.
   When the connection is established, [Connected] will appear in 3.

5. **From the library screen, select and play a track.**

   The sound will be output from the connected Bluetooth device.

To disconnect from a paired Bluetooth device

1. While the Bluetooth device is connected, tap the menu items in the following order.
   – [Settings] – [Connect to/Add Audio Device] ([Bluetooth]).

2. Tap the name of the Bluetooth device from [Added Devices].

Hint

- You can pair the player with only one Bluetooth device at a time. To pair with multiple Bluetooth devices, repeat the procedure in this topic for each device.
- You can erase registered Bluetooth device. On the list of connectable devices in [Added Devices], tap ••• beside the name of a Bluetooth device. Then, select [Delete Device].
- The passkey may also be called a “passcode”, “PIN code”, “PIN number”, or “password”.
- The player stays connected to a Bluetooth device until you turn off the Bluetooth function. To conserve the battery power, turn off the Bluetooth function or terminate the Bluetooth connection with the connected device.

Note

- Pairing information is deleted in the following situations. Pair the devices again.
  - One or both of the devices are reset to the factory settings.
  - Pairing information is deleted from the devices, such as when the devices are repaired.
- The battery life becomes considerably shorter when the Bluetooth function is active.
- You can pair the player with a maximum of 7 devices. If the number of paired devices exceeds the maximum, the player will delete the oldest connected device.
- If the pairing times out before it is finished, perform the procedure again starting from the Bluetooth connection screen.
- There are some restrictions on sound output through a Bluetooth connection.
  - Even if you connect a pair of headphones to a headphone jack, sound will not be output from the headphones. Sound is output from the Bluetooth device preferentially.
- You cannot listen to FM radio while there is an active Bluetooth connection. (The NW-A55L does not have an FM radio function.)
- You cannot listen to played-back sound wirelessly while the USB-DAC function is active.
- If sound is interrupted or skips during a Bluetooth connection, try the following.
  - Place the player and the Bluetooth device closer together.
  - Select [SBC - Connection Preferred] by tapping the following menu items.
    – [Settings] – [Audio Device Connection Settings] ([Bluetooth]) – [Wireless Playback Quality].
- A Bluetooth connection is terminated automatically in the following cases:
  - The battery of the player has run out.
  - The player is turned off.
- When there is an active Bluetooth connection, the sound quality settings are invalid.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Connecting the player to a paired Bluetooth device
- One-touch connections with a Bluetooth device (NFC)
- Configuring the Bluetooth function (Bluetooth transmitting mode)
- Notes on the Bluetooth function

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Connecting the player to a paired Bluetooth device

If the player and a Bluetooth device have been paired before, the Bluetooth device is registered to the player. You can connect the player and the Bluetooth device easily.

1. **Turn on the Bluetooth function on the Bluetooth device, if necessary.**

2. **On the library screen of the player, tap the menu items in the following order.**
   – [Settings] – [Connect to/Add Audio Device] ([Bluetooth]).

   The Bluetooth connection screen will appear.

3. **Tap the Bluetooth switch to turn on the Bluetooth function.**

   will appear in the information area.

4. **Tap the Bluetooth device in the [Added Devices] list.**

   When the connection is established, [Connected] will appear.

5. **From the library screen, select and play a track.**

To turn the Bluetooth function on or off

1. Tap the menu items in the following order.
   – [Settings] – [Connect to/Add Audio Device] ([Bluetooth]).
2. Tap the Bluetooth switch to turn the Bluetooth function on or off.

To confirm the information for a Bluetooth device

Tap next to the name of the Bluetooth device in the list and tap [Device Information].

To erase a registered Bluetooth device

Tap next to the name of the Bluetooth device in the list and tap [Delete Device].
Follow the onscreen instructions. The pairing information will be erased.

Hint

- A shortcut is available for the Bluetooth function. You can tap on the [Settings] screen. The player will automatically connect to the Bluetooth device that was connected the last time.
- If you connect a USB charger (not supplied), the player will charge while maintaining the Bluetooth connection.
- If multiple names for a Bluetooth device are displayed, check the BD address of the Bluetooth device. For details on the BD address, refer to the manual of the Bluetooth device.
- If the Bluetooth device supports the NFC function, the player and the Bluetooth device can be paired and connected by touching them together.
- The player stays connected to a Bluetooth device until you turn off the Bluetooth function. To conserve the battery power, turn off the Bluetooth function or terminate the Bluetooth connection with the connected device.

Note

- The battery life becomes considerably shorter when the Bluetooth function is active.
- There are some restrictions on sound output through a Bluetooth connection.
  - Even if you connect a pair of headphones to a headphone jack, sound will not be output from the headphones. Sound is output from the Bluetooth device preferentially.
- You cannot listen to FM radio while there is an active Bluetooth connection. (The NW-A55L does not have an FM radio function.)
- You cannot listen to played-back sound wirelessly while the USB-DAC function is active.
- If sound is interrupted or skips during a Bluetooth connection, try the following.
  - Place the player and the Bluetooth device closer together.
  - Select [SBC - Connection Preferred] by tapping the following menu items.
    – [Settings] – [Audio Device Connection Settings] ([Bluetooth]) – [Wireless Playback Quality].
- A Bluetooth connection is terminated automatically in the following cases:
  - The battery of the player has run out.
  - The player is turned off.
- When there is an active Bluetooth connection, the sound quality settings are invalid.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Connecting the player to an unpaired Bluetooth device for the first time
- One-touch connections with a Bluetooth device (NFC)
- Configuring the Bluetooth function (Bluetooth transmitting mode)
- Notes on the Bluetooth function

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Digital Music Player
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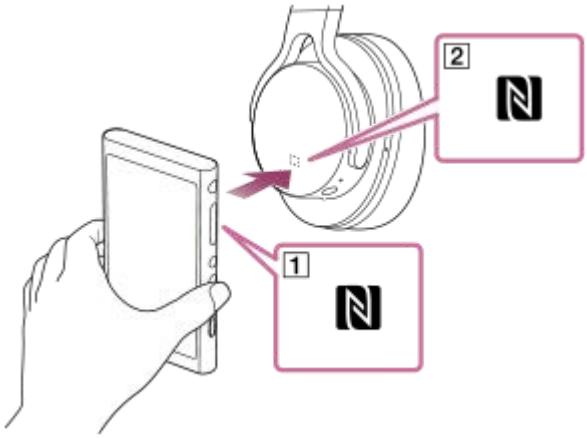
One-touch connections with a Bluetooth device (NFC)

If a Bluetooth device supports the NFC function, you can connect the player and the device easily. You can simply touch the device to the player to pair the devices and establish a Bluetooth connection.
NFC is for close-range wireless communications.

1. **If the Bluetooth device has an NFC switch, set the NFC switch to on.**
2. **Turn on the screen of the player.**
3. **Touch the mark on the player (1) and the Bluetooth device (2) together.**

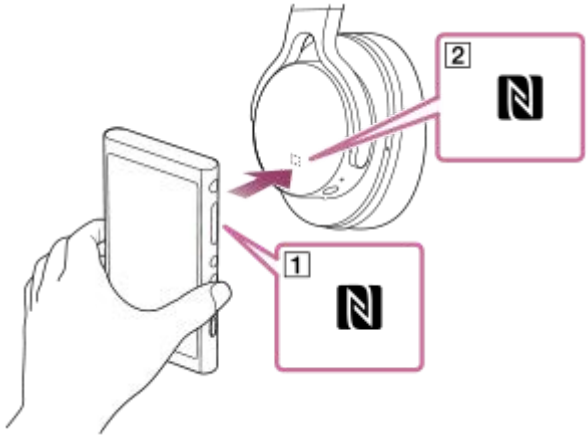
   Hold them together until instructions appear on the screen of the player.



4. **Follow the onscreen instructions on the player to complete the connection.**
5. **Once the connection is established, play a track on the player.**

To disconnect the player and the Bluetooth device using the NFC function

Turn on the screen of the player. Then, touch the player and the Bluetooth device (1 and 2) together again to disconnect.



To turn off the NFC function

The NFC function is turned on as a default. If you want to turn off the NFC function, tap the menu items in the following order to remove the check mark.
– [Settings] – [NFC] ([Bluetooth]).

Hint

- Take the following measures if the connection is poor.
  - Move the Bluetooth device over the mark on the player (1).
  - If your player is inside a case, take it out of the case.
  - Make sure that the NFC function is on. Tap and then [Settings]. Confirm that there is a check mark in the check box for [NFC] ([Bluetooth]).

Note

- Turn on the screen of the player before you make the connection. If the screen is turned off, you cannot connect the Bluetooth device by touching the Bluetooth device to the player (NFC).
- The battery life becomes considerably shorter when the Bluetooth function is active.
- You cannot connect the player to a Bluetooth device using NFC while the following functions are active.
  - The USB-DAC function
  - The FM radio function (The NW-A55L does not have an FM radio function.)
  - Turn off the Bluetooth Receiver function to connect in the Bluetooth transmitting mode.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Turning the power on or off
- Configuring the Bluetooth function (Bluetooth transmitting mode)
- Notes on the Bluetooth function

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Configuring the Bluetooth function (Bluetooth transmitting mode)

This topic includes instructions for the following operations.

- Selecting the playback quality for Bluetooth streaming.
- Selecting the volume setting for Bluetooth streaming.
- Checking Bluetooth information.

Selecting the playback quality for Bluetooth streaming

You can select the combination of codecs and preferences for Bluetooth streaming.

1. On the playback screen, tap the menu items in the following order.
   – [Settings] – [Audio Device Connection Settings] ([Bluetooth]) – [Wireless Playback Quality].

2. Tap the desired item.

Note

- The setting for [Wireless Playback Quality] will take effect starting the next time the player establishes a Bluetooth connection.
- The setting for [Wireless Playback Quality] may not be effective depending on the settings of the Bluetooth device.

Selecting the volume setting for Bluetooth streaming

Depending on the Bluetooth device, the volume may not be adjustable using the player.
In this case, try [Use Enhanced Mode].

1. On the playback screen, tap the menu items in the following order.
   – [Settings] – [Audio Device Connection Settings] ([Bluetooth]) – [Use Enhanced Mode].

Checking Bluetooth information

1. On the playback screen, tap the menu items in the following order.
   – [Settings] – [Bluetooth Information] ([Bluetooth]).
   Information such as the Bluetooth version and profile will appear.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Connecting the player to an unpaired Bluetooth device for the first time
- Connecting the player to a paired Bluetooth device
- One-touch connections with a Bluetooth device (NFC)
- Notes on the Bluetooth function

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Connecting the player to an unpaired smartphone for the first time

You can use the player to listen to music from a smartphone through a Bluetooth connection (Bluetooth Receiver function). Connect headphones to the player to listen to the music.
You can also use the Noise Canceling function or Ambient Sound Mode with compatible headphones.
When you connect a smartphone for the first time, you must register the player and the smartphone to each other. This registration is called “pairing”. Once you have paired the player and the smartphone, you can easily connect the devices in the future.
The following instructions are a basic step-by-step procedure for connecting the player and a smartphone.
Before you start, terminate the Bluetooth connection on the smartphone if the player is already connected to another smartphone.

1. **Set the smartphone to the pairing mode.**

2. **On the library screen of the player, tap .**

3. **Confirm the message and tap [OK].**

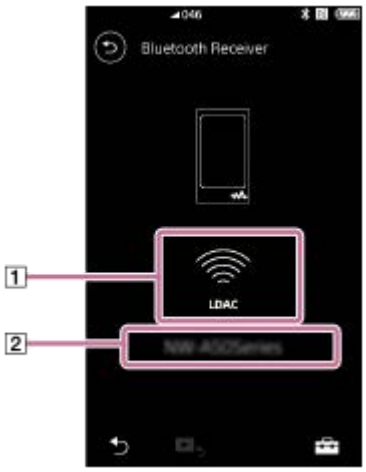
   The player will switch to the Bluetooth Receiver function.

4. **Tap [Add Device (Pairing)].**

   The player is ready for pairing.

5. **Select the name of the player on the smartphone screen.**

   Once the player has connected to the smartphone, the codec (1) and the name of the smartphone (2) will appear.



6. **Play a track on the smartphone.**

To turn off the Bluetooth Receiver function

Tap in the top left of the Bluetooth Receiver screen. Then, tap [OK] when a message appears. The player will return to the music playback function.

To erase the registration of a smartphone

Perform the following operations on the Bluetooth Receiver screen. You can erase the registration of a smartphone from the player.

1. Tap the menu items in the following order.
   – [Settings] – [Added Devices - Bluetooth Receiver] ([Bluetooth]).
2. Tap ••• next to the name of the smartphone whose registration you want to erase. Then, select [Delete Device].
3. Follow the onscreen instructions.

Hint

- You can pair with only one smartphone at a time. If you want to pair with multiple smartphones, repeat the procedure in this topic.
- You can control the music playback on the smartphone by operating the playback operating buttons on the player.
- You can listen to playback from a smartphone with the sound quality settings on the player. The Noise Canceling function and Ambient Sound Mode are also available.
- The player stays connected to the smartphone until you turn off the Bluetooth Receiver function. To conserve the battery power, turn off the Bluetooth Receiver function or terminate the Bluetooth connection with the smartphone.
- If the volume is low and you hear noise while you are using the Bluetooth Receiver function, try the following. First, turn the volume up to the maximum on the smartphone. Then, adjust the volume on the player.

Note

- Pairing information is deleted in the following situations. Pair the devices again.
  - One or both of the devices are reset to the factory settings.
  - Pairing information is deleted from the devices, such as when the devices are repaired.
- If pairing information for the smartphone is deleted from the player, but pairing information for the player remains on the smartphone, delete the information from the smartphone. Then, register the player and the smartphone to each other again.
- The battery life becomes considerably shorter when the Bluetooth Receiver function is active.
- You can pair the player with a maximum of 7 devices. If the number of paired devices exceeds the maximum, the player will delete the oldest connected device.
- If the pairing times out before it is finished, perform the procedure again starting from the Bluetooth Receiver connection screen.
- You cannot use the Bluetooth Receiver function while any of the following functions is active. Turn off the function and switch to the Bluetooth Receiver function.
  - FM radio function (The NW-A55L does not have an FM radio function.)
  - Language Study function
  - USB-DAC function
- If sound is interrupted or skips during a Bluetooth connection, try the following.
  - Place the player and the smartphone closer together.
  - Select [Connection Preferred] by tapping the following menu items.
    – [Settings] – [Receiver Playback Quality] ([Bluetooth]) – [Connection Preferred].
    Then, terminate the Bluetooth connection and reconnect to the smartphone to apply the new setting.
- A Bluetooth connection is terminated automatically in the following cases:
  - The battery of the player has run out.
  - The player is turned off.
- If you receive an incoming call to the smartphone while the Bluetooth Receiver function is active, the voice of the caller will be output from the smartphone. You may hear the ring tone, depending on the specifications of the smartphone.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Connecting the player to a paired smartphone
- One-touch connections with a smartphone (NFC)
- Configuring the Bluetooth function (Bluetooth receiving mode)
- Notes on the Bluetooth function

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Connecting the player to a paired smartphone

If the player and a smartphone have been paired before, the smartphone is registered to the player. You can connect the player and the smartphone easily.

1. **On the library screen of the player, tap .**

2. **Confirm the message and tap [OK].**

   The player will switch to the Bluetooth Receiver function.

3. **On the smartphone screen, select the name of the player from the list of paired devices.**

   The player may connect to the smartphone automatically, depending on the smartphone.

4. **Play a track on the smartphone.**

To turn off the Bluetooth Receiver function

Tap in the top left of the Bluetooth Receiver screen. Then, tap [OK] when a message appears. The player will return to the music playback function.

To check the information for a smartphone

Perform the following operations on the Bluetooth Receiver screen.

1. Tap the menu items in the following order.
   – [Settings] – [Added Devices - Bluetooth Receiver] ([Bluetooth]).

2. Tap next to the name of the smartphone whose information you want to check. Then, select [Device Information].

To erase the registration of a smartphone

Perform the following operations on the Bluetooth Receiver screen. You can erase the registration of a smartphone from the player.

1. Tap the menu items in the following order.
   – [Settings] – [Added Devices - Bluetooth Receiver] ([Bluetooth]).

2. Tap next to the name of the smartphone whose registration you want to erase. Then, select [Delete Device].

3. Follow the onscreen instructions.

Hint

- You can listen to playback from a smartphone with the sound quality settings on the player. The Noise Canceling function and Ambient Sound Mode are also available.
- If you connect a USB charger (not supplied), the player will charge while maintaining the Bluetooth connection.
- If the same smartphone appears multiple times, check the BD address of the smartphone under [Device Information]. For details on the BD address, refer to the manual of the smartphone.

- If the smartphone supports the NFC function, the player and the smartphone can be paired and connected by touching them together.
- The player stays connected to the smartphone until you turn off the Bluetooth Receiver function. To conserve the battery power, turn off the Bluetooth Receiver function or terminate the Bluetooth connection with the smartphone.
- If the volume is low and you hear noise while you are using the Bluetooth Receiver function, try the following. First, turn the volume up to the maximum on the smartphone. Then, adjust the volume on the player.

Note

- The battery life becomes considerably shorter when the Bluetooth Receiver function is active.
- You cannot use the Bluetooth Receiver function while any of the following functions is active. Turn off the function and switch to the Bluetooth Receiver function.
  - FM radio function (The NW-A55L does not have an FM radio function.)
  - Language Study function
  - USB-DAC function
- If sound is interrupted or skips during a Bluetooth connection, try the following.
  - Place the player and the smartphone closer together.
  - Select [Connection Preferred] by tapping the following menu items.
    – [Settings] – [Receiver Playback Quality] ([Bluetooth]) – [Connection Preferred].
    Then, terminate the Bluetooth connection and reconnect to the smartphone to apply the new setting.
- A Bluetooth connection is terminated automatically in the following cases:
  - The battery of the player has run out.
  - The player is turned off.
- If you receive an incoming call to the smartphone while the Bluetooth Receiver function is active, the voice of the caller will be output from the smartphone. You may hear the ring tone, depending on the specifications of the smartphone.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Connecting the player to an unpaired smartphone for the first time
- One-touch connections with a smartphone (NFC)
- Configuring the Bluetooth function (Bluetooth receiving mode)
- Notes on the Bluetooth function

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One-touch connections with a smartphone (NFC)

If a smartphone supports the NFC function, you can connect the player and the smartphone easily. You can pair the devices and establish a Bluetooth connection simply by touching the smartphone to the player.
NFC is for close-range wireless communications.

1. **Turn on the NFC function on the smartphone.**

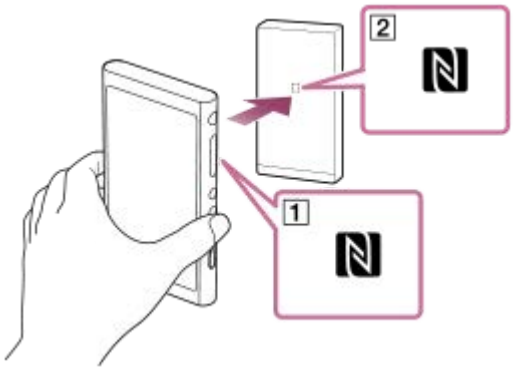
2. **On the library screen of the player, tap .**

3. **Confirm the message and tap [OK].**

   The player will switch to the Bluetooth Receiver function.

4. **Touch the mark on the player (1) and the smartphone (2) together.**

   Hold the devices together until instructions appear on the smartphone screen.

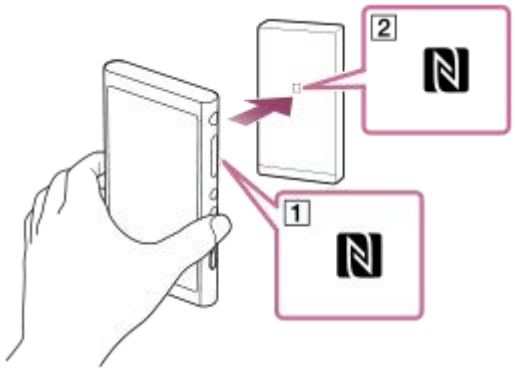


5. **Follow the instructions on the smartphone screen to complete the connection.**

6. **Once you have established the connection, play a track on the smartphone.**

To disconnect the player and the smartphone using the NFC function

Turn on the player screen. Then, touch the player and the smartphone (1 and 2) together again to disconnect.



To turn off the NFC function

The NFC function is turned on as a default. If you want to turn off the NFC function, tap the menu items in the following order to remove the check mark.
– [Settings] – [NFC] ([Bluetooth]).

Hint

- Take the following measures if the connection is poor.
  - Move the smartphone over the mark on the player (1).
  - If the player or the smartphone is inside a case, take it out of the case.
  - Make sure that the NFC function is on. Check if the N mark appears in the information area. If not, exit the Bluetooth Receiver function, and then tap the menu items in the following order to turn on the NFC function.
    – [Settings] – [NFC] (Bluetooth).

Note

- Turn on the screen of the player before you make the connection. If the screen is turned off, you cannot connect the smartphone by touching the smartphone to the player (NFC).
- The battery life becomes considerably shorter when the Bluetooth Receiver function is active.
- You cannot use the Bluetooth Receiver function while any of the following functions is active. Turn off the function and switch to the Bluetooth Receiver function.
  - FM radio function (The NW-A55L does not have an FM radio function.)
  - Language Study function
  - USB-DAC function

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Related Topic

- Turning the power on or off
- Connecting the player to an unpaired smartphone for the first time
- Connecting the player to a paired smartphone
- Configuring the Bluetooth function (Bluetooth receiving mode)
- Notes on the Bluetooth function

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Configuring the Bluetooth function (Bluetooth receiving mode)

Selecting the playback quality for Bluetooth streaming

You can select the playback quality while the Bluetooth Receiver function is active.

1. On the Bluetooth Receiver screen, tap the menu items in the following order.
   – [Settings] – [Receiver Playback Quality] ([Bluetooth]).
2. Select [Sound Quality Preferred] or [Connection Preferred].

Note

- The setting for [Receiver Playback Quality] will take effect starting the next time the player establishes a Bluetooth connection.
- The setting for [Receiver Playback Quality] may not be effective depending on the smartphone.

Checking Bluetooth information

1. On the Bluetooth Receiver screen, tap the menu items in the following order.
   – [Settings] – [Bluetooth Information] ([Bluetooth]).
   Information such as Bluetooth version and profile will appear.

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Related Topic

- Connecting the player to an unpaired smartphone for the first time
- Connecting the player to a paired smartphone
- One-touch connections with a smartphone (NFC)
- Notes on the Bluetooth function

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Notes on the Bluetooth function

In this topic, [Bluetooth devices] refers to all Bluetooth-compatible devices.
Bluetooth-compatible devices are audio devices, smartphones, etc. that support the Bluetooth function.

- Depending on the Bluetooth device, network environment, and surrounding conditions, noise may be heard or the sound may be interrupted. To optimize Bluetooth communications, observe the following.
  - Place the player and the Bluetooth device as close together as possible. The Bluetooth standard supports distances of up to 10 meters (32.8 feet).
  - Turn the built-in Bluetooth antenna (aerial) in the direction of the connected Bluetooth device.
  - Do not block the antenna (aerial) with a metal object such as a bag or case.
  - Do not block the antenna (aerial) with a body part such as a hand.
  - Do not block the antenna (aerial) by placing the player inside a backpack or shoulder bag.
  - Do not block the antenna (aerial) by using the player in a crowded place.
  - Avoid areas where electromagnetic waves are emitted. For example, near microwave ovens, mobile phones, mobile gaming devices, or wireless LAN environments.
- The battery life may become about 70 % shorter if you activate certain sound quality settings (for example, [Equalizer] or [DSEE HX] under [Sound Settings]) while you are using the Bluetooth Receiver function. The battery life also depends on the volume, conditions of use, and surrounding temperature.
- Due to a characteristic of Bluetooth wireless technology, the sound may lag slightly.
- Bluetooth radiation may affect the operation of electronic medical devices. Turn off the player and other Bluetooth devices in the following locations.
  - in hospitals
  - near priority seats on trains
  - on airplanes
  - in places where flammable gases are present (gas stations, etc.)
  - near automatic doors
  - near fire alarms
- The player supports security functions that comply with the Bluetooth standard. Sony bears no responsibility whatsoever for information leaks that occur as a result of your Bluetooth connection.
- Even if a Bluetooth device conforms to the standard, all connections and correct operations are not guaranteed.
- Depending on the Bluetooth device, it may take some time to establish a Bluetooth connection.

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Related Topic

- Parts and controls

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Enjoying music content on a computer using the sound quality of the player (USB-DAC function)

You can enjoy music content stored on a computer through the player, without transferring the content to the player. Because the sound quality settings of the player also apply to the output sound, music content on the computer can be played with the same sound quality as the player.
The following applications are compatible with the USB-DAC function. They are recommended for use with the player.

- Windows: Music Center for PC
- Mac: Hi-Res Audio Player for Mac

Note

- While the USB-DAC function is turned on, the player can only be used as a USB-DAC device. To use the player as a music player, turn off the USB-DAC function.
- Music content cannot be transferred while the USB-DAC function is turned on.

1 Install the USB-DAC compatible application on a computer.

- Windows:
  - Music Center for PC: To install the application, access the customer support website. (https://www.sony.net/smc4pc/) Refer to the appropriate topic under [Related Topic].
  - Sony Audio USB Driver for Windows: Access the customer support website to install Sony Audio USB Driver for Windows. Follow the onscreen instructions.
- Mac:
  Hi-Res Audio Player for Mac: Access the customer support website to install the application. Follow the onscreen instructions.

2 On the computer, configure the settings for USB-DAC.

For details on the settings, refer to the following information.

- Windows: Online help information for Music Center for PC
- Mac: Online help information for Hi-Res Audio Player on the customer support website.

3 On the library screen of the player, tap DAC.

4 When a message is displayed, tap [OK].

5 Connect the player to the computer via USB.

You can adjust the volume on the [USB DAC] screen.

To go back to the music playback function

Tap ↩ in the top left of the screen.
When a message is displayed, tap [OK].

Hint

- If you do not want the player to charge from the computer, remove the check mark from [Charge this player from the connected device]. Tap the menu items in the following order.
  – [Settings] – [USB DAC Settings] ([Function Settings]) – [Charge this player from the connected device].
  However, if the USB port on the computer is set to supply power constantly to the connected device, the player may be charged by the computer.

Note

- While the USB-DAC function is active, the following functions are disabled.

  — The Noise Canceling function
  — Ambient Sound Mode

- You cannot listen to played-back sound wirelessly while the USB-DAC function is active.
- The USB-DAC function is designed exclusively for enjoying music. The player processes the audio signals prior to playback. As a result, the audio on the player becomes slightly delayed compared to the computer. This means that images and audio may not be synchronized when you use the USB-DAC function for the following purposes:

  — Playing videos
  — Playing games

  Use the USB-DAC function to enjoy music on its own.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Adjusting the sound quality settings
- Installing Music Center for PC (Windows)
- How to use the various screens
- USB-DAC screen
- Customer support website

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Adjusting the sound quality settings

The player has various settings for adjusting the sound quality.

From the [Settings] menu

On the playback screen, tap and then [Settings].
You can set the following sound settings from the menu listed under [Sound] or [Headphones].

ClearAudio+™

This function automatically applies the recommended sound quality settings to the output sound.

Clear Phase™

This function optimizes the sound characteristics for the headphones you are using.

From the [Settings] – [Sound Settings] menu

On the playback screen, tap the menu items in the following order.
– [Settings] – [Sound Settings] ([Sound]).
You can also adjust the following settings from the sound quality setting screens.

Equalizer

You can select an equalizer setting to suit your mood or current activity. You can also preset your equalizer settings as a custom setting. Tap [Select Preset] to select [Custom 1] or [Custom 2]. Then, tap [Adjust] to adjust the equalizer setting.

DSEE HX

This function upscales the sound quality of audio files. The sound quality will become almost equal to that of High-Resolution Audio. The function reproduces the clear high-range sound that is often lost.

DC Phase Linearizer

This function adjusts low-frequency phase shifts to reproduce the audio characteristics of analog amplifiers.

VPT (Surround)

This function applies a surround effect and enriches the sound reproduction quality of the audio playback. VPT (Virtualphones Technology) is a proprietary sound processing technology developed by Sony.

Dynamic Normalizer

You can moderate the change in volume between tracks to minimize differences in volume level.

Vinyl Processor

This function produces rich sound that is close to the playback from a vinyl record on a turntable.

Note

- When there is an active Bluetooth connection, the sound quality settings are invalid (Bluetooth transmitting mode only).
- [Clear Phase™] cannot be set in the following cases.
  - When [ClearAudio+] is set to [On].
  - When you have selected [Other Headphones] for the [Headphones] setting.
- You cannot adjust [Sound Settings] in the following cases.

- When [ClearAudio+] is set to [On].

- The sound quality settings do not apply to FM radio. (The NW-A55L does not have an FM radio function.)

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Related Topic

- How to use the various screens
- Sound quality setting screens

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Using the Noise Canceling function

The Noise Canceling function reduces ambient noise. You can enjoy music at a low volume.
You need a pair of headphones equipped with the Noise Canceling function. The following headphones are compatible with the player.

- IER-NW500N
- IER-NW500NE
- MDR-NW750N
- MDR-NW750NE

This topic includes instructions for the following operations.

- Selecting the headphones.
- Turning on the Noise Canceling function.
- Selecting a Noise Canceling environment.
- Adjusting the Noise Canceling level.

1 Select the Noise Canceling headphones.

On the playback screen, tap and then [Settings]. Then, select the Noise Canceling headphones from the pull-down menu under [Headphones].

2 Turn on the Noise Canceling function.

After you select the Noise Canceling headphones, tap [Noise Canceling]. The settings menu for [Noise Canceling] will appear. Tap the Noise Canceling switch to turn on the function.
will appear in the information area.

3 Configure the settings for the Noise Canceling function, if necessary.

- [Select Environment]:
  You can select a type of noise cancelation to match the current environment.
  [Full-auto AINC] automatically sets the most effective Noise Canceling mode.
- [Adjust Noise Canceling]:
  You can adjust the Noise Canceling effect. Adjust the effect using the slider.

To turn off the Noise Canceling function

1. Tap the menu items in the following order.
   – [Settings] – [Noise Canceling] ([Headphones]).
2. Tap the Noise Canceling switch to turn off the function.

Hint

- A shortcut is available for the Noise Canceling function. You can tap on the [Settings] screen to turn the Noise Canceling function on or off.
- When you have selected Noise Canceling headphones, you can enable [Clear Phase™].
- Select [Other Headphones] to use headphones that do not support the Noise Canceling function.

- The sound may skip when you listen to the player on public transportation. This is caused by the Noise Canceling system and is not a malfunction. Sound skipping may be reduced if you adjust the Noise Canceling effect (Adjust Noise Canceling).

Note

- Use headphones that are compatible with the Noise Canceling function. Otherwise, the Noise Canceling function will not work.
- Select an appropriate earbud size to enjoy the full effects of the Noise Canceling function.
- You may hear rubbing noises while wearing headphones. This is not a malfunction.
- The Noise Canceling function mainly reduces noise in low frequency bands. This function does not cancel all noise.
- Do not cover the microphone part of the headphones.
- When the Noise Canceling function is operating correctly, you may hear a slight hissing noise. This is not a malfunction.
- Keep the player away from mobile phones or smartphones. These devices may cause noise.
- Turn off the Noise Canceling function in quiet places where the Noise Canceling may not be effective.
- Remove headphones from your ears before you connect them to the player. Also remove the headphones from your ears before you disconnect them from the player. Large noise may be generated when the headphones are connected or disconnected.
- You may hear noise when you turn the Noise Canceling function on or off. This is not a malfunction.
- The Noise Canceling function is disabled while the following functions are active.
  - The USB-DAC function
  - Ambient Sound Mode

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Related Topic

- Using the [Clear Phase™] function

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What is Ambient Sound Mode?

Ambient Sound Mode uses the microphones built into the headphones that support Ambient Sound Mode to allow you to hear ambient sound even while wearing headphones. Pay attention to the sounds around you to enjoy listening to music safely.

Note

- Ambient Sound Mode allows you to hear ambient sound even while wearing headphones. However, note that this mode does not enable you to hear all sounds around you. Ambient sound may not be heard well depending on the surrounding environment, type of the music being played on the player, or the volume level. Be very careful when using the headphones in places where an inability to hear ambient sound would be dangerous (such as on roads where there is car or bicycle traffic).
- Ambient Sound Mode may not function properly if you use the headphones with earbuds that do not fit your ears. Use earbuds of an appropriate size to fit your ears comfortably and snugly.

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Related Topic

- Using Ambient Sound Mode

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Using Ambient Sound Mode

You can enjoy music while monitoring ambient sounds.
Use the IER-NW500N/NW500NE when you use Ambient Sound Mode. Do not use headphones that are incompatible with Ambient Sound Mode.

1 Select the headphones that are compatible with Ambient Sound Mode.

On the playback screen, tap and then [Settings]. Then, select the [IER-NW500N/NE] from the pull-down menu under [Headphones].

2 Turn on Ambient Sound Mode.

After you select the headphones, tap [Ambient Sound Mode]. The setting menu for Ambient Sound Mode will appear. Tap the Ambient Sound Mode switch to turn on the function.
AMB will appear in the information area.

3 Adjust the settings for Ambient Sound Mode, if necessary.

- [Ambient Sound Level]:
  You can adjust the monitoring level of ambient sound.

To turn off Ambient Sound Mode

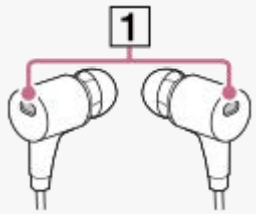
1. Tap the menu items in the following order.
   – [Settings] – [Ambient Sound Mode] ([Headphones]).
2. Tap the Ambient Sound Mode switch to turn off the function.

Hint

- A shortcut is available for Ambient Sound Mode. You can tap on the [Settings] screen to turn the Ambient Sound Mode on or off.
- Select [MDR-NW750N/NE] or [Other Headphones] to use headphones that do not support Ambient Sound Mode.

Note

- Note that a howling sound may be produced in the following situations. Do not cover the microphone parts on the headphones. (1)
  - You are using incompatible headphones.
  - You cover the microphone part while you are using Ambient Sound Mode.
  - You hold the headphones in your hands while you are using Ambient Sound Mode.



- Depending on the surrounding environment or the volume of the ambient sounds, Ambient Sound Mode may turn off temporarily. This is not a malfunction. Adjust the level setting for Ambient Sound Mode ([Ambient Sound Level]). It may improve the problem.

- When you disconnect the headphones from the player, turn off Ambient Sound Mode beforehand.
- If you cannot hear the ambient sounds well, try changing [Ambient Sound Level]. This setting may improve the level of the ambient sounds.
- Depending on the surrounding environment, a rubbing noise may be noticeable. (Rubbing noise refers to a noise generated when the headphone cable rubs against clothing or when hair rubs against the headphones, etc.) In this case, adjust [Ambient Sound Level]. The rubbing noise may be reduced.
- Ambient Sound Mode is disabled while the following functions are active.
  - The USB-DAC function
  - The FM radio function (The NW-A55L does not have an FM radio function.)
  - The Noise Canceling function

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Related Topic

- What is Ambient Sound Mode?

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Using the [Clear Phase™] function

You can enjoy the full effects of the Noise Canceling or [Clear Phase™] function by selecting the compatible headphones.

1. **On the library screen, tap and then [Settings].**
2. **Select [IER-NW500N/NE] or [MDR-NW750N/NE] from the pull-down menu under [Headphones].**
3. **Tap [Clear Phase™] to add a check mark.**

Hint

- [Clear Phase™] cannot be set when [ClearAudio+] is set to [On].
- [Clear Phase™] can only be set when you have selected [IER-NW500N/NE] or [MDR-NW750N/NE].
- Select [Other Headphones] to use headphones that do not support the Noise Canceling function. When [Other Headphones] is selected, you cannot enable the Noise Canceling function or the [Clear Phase™] function.

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Related Topic

- Using the Noise Canceling function
- Adjusting the sound quality settings

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Preparing language study content

You need to transfer tracks to the [LEARNING] folder on the player before you can use the language study function.
You can use the following methods to transfer language study content.

- On the player:
  You can move tracks, albums, or artists from the music library to the language study library.
  - On the playback screen, tap the menu items in the following order. You can move the current track.
    – [Move Songs to Language Study].
  - On a track list, album list, or artist list, tap the menu items in the following order. You can move the selected track, album, or artist.
    – [Move Songs to Language Study].
- In Music Center for PC:
  Specify the genre for the language study content, and then transfer the content to the player.
- In Windows Explorer or Mac Finder:
  Drag and drop the language study content to the [LEARNING] folder on the player.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- Transferring language study content from a Windows computer using Music Center for PC
- Transferring language study content using Windows Explorer
- Transferring language study content using Mac Finder
- Using the language study function

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Using the language study function

The language study function provides the following useful functions for language learning.

- DPC (Digital Pitch Control)
- A-B Repeat
- Quick Replay

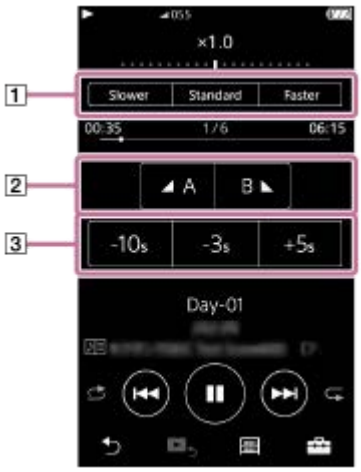
1 On the library screen, tap .

The player will switch to the language study function. Then, the library screen for the language study function will appear.

2 Select a category and subcategories until a track list appears, and then select a track.

Playback will start.

Useful functions for playback



1 DPC (Digital Pitch Control)
You can change the playback speed.
2 A-B Repeat

- Tap [A] to set a start point. Then, tap [B] to set an end point.
  The player will play the section from [A] to [B] repeatedly.
  - Tap to go back to the point [A].
  - Tap to jump to the next track. A-B Repeat function will be off.
- If you want to listen to the whole track, tap . A-B Repeat function will be off.

3 Quick Replay
You can jump 10 seconds back, 3 seconds back, or 5 seconds ahead in the track.

To go back to the music playback function

Tap at the top left of the library screen.

Hint

- You can move tracks, albums, or artists from the language study library to the music library.
  - On the playback screen, tap the menu items in the following order. You can move the current track.
    – [Move Songs to Music].
  - On a track list, album list, or artist list, tap the menu items in the following order. You can move the selected track, album, or artist.
    – [Move Songs to Music].

Note

- There needs to be at least one second between the start point (A) and the end point (B) for the A-B Repeat function.
- High-Resolution Audio files will be converted to PCM format.

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Related Topic

- How to use the various screens
- Library screen
- Language Study screen
- Preparing language study content
- Transferring language study content from a Windows computer using Music Center for PC
- Transferring language study content using Windows Explorer
- Transferring language study content using Mac Finder

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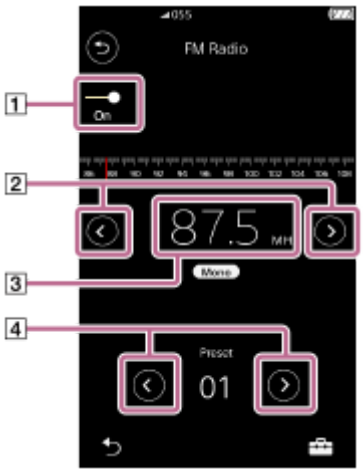
NW-A55/A55HN/A55L/A56/A56HN/A57

Listening to FM radio broadcasts (Except for the NW-A55L)

Connect a pair of headphones to listen to FM radio. The headphone cord works as an antenna.



1. **Connect a pair of headphones to the player.**

2. **On the library screen, tap .**

   The player will switch to the FM radio function.
   The FM radio switch ([1]) will turn on automatically.

3. **Tap / ([2]) repeatedly to select a frequency ([3]).**

   If you have preset a broadcast station, tap / ([4]) repeatedly to select the preset station.

To scan the previous or next receivable station

Hold down / ([2]). The player will start searching and stop when it receives a broadcast.

To change the scan sensitivity

Tap and then [FM Radio Settings]. Then, tap the desired setting for [Scan Sensitivity].

To change the monaural/auto setting

Tap and then [FM Radio Settings]. Then, tap the desired setting for [Mono/Auto].

Note

- Sound quality settings do not apply to FM radio.
- You cannot listen to FM radio while there is an active Bluetooth connection.
- If you disconnect the headphones while you are listening to the FM radio, the FM radio switch will turn off automatically. Even if you reconnect the headphones, the switch will not turn back on automatically. To listen to the FM radio again, reconnect the headphones and tap the FM radio switch again.
- The radio reception may not be stable if you use headphones other than the following.
  - IER-NW500N/NW500NE
  - MDR-NW750N/NW750NE

- While the FM radio function is active, Ambient Sound Mode is disabled.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- How to use the various screens
- Library screen
- FM Radio screen (Except for the NW-A55L)
- Presetting FM radio stations (Except for the NW-A55L)

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NW-A55/A55HN/A55L/A56/A56HN/A57

Presetting FM radio stations (Except for the NW-A55L)

You can preset FM radio stations either automatically or manually.

Presetting FM radio stations automatically

1. In the FM radio function, tap the menu items in the following order.
   – [Auto Preset] – [OK].
   Receivable broadcast stations will be preset in order of frequency.

Presetting FM radio stations manually

1. In the FM radio function, tune to a broadcast station.
2. Tap and then [Save to Preset].

Hint

- To delete a preset broadcast station, tap and then [Delete from Preset] while you are tuned to the station.
- You can preset up to 30 stations.

Note

- Tapping [Auto Preset] clears all previous presets.

The contents of the Help Guide may be subject to change without notice due to updates to the product's specifications.

Related Topic

- FM Radio screen (Except for the NW-A55L)
- Listening to FM radio broadcasts (Except for the NW-A55L)

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Using USB Mass Storage mode

When you connect the player to a Windows computer, the following modes are available.

USB Mass Storage mode

- The computer uses the player as a USB storage device.
- Data can be transferred between the computer and the player.
- You can access the [WALKMAN] and the storage folder for the microSD card directly to manage files.
- The player charges via the computer.
- You cannot operate the player.

USB mode

- The player charges via the computer.
- You can operate the player while the player is connected to the computer.
- Data cannot be transferred.

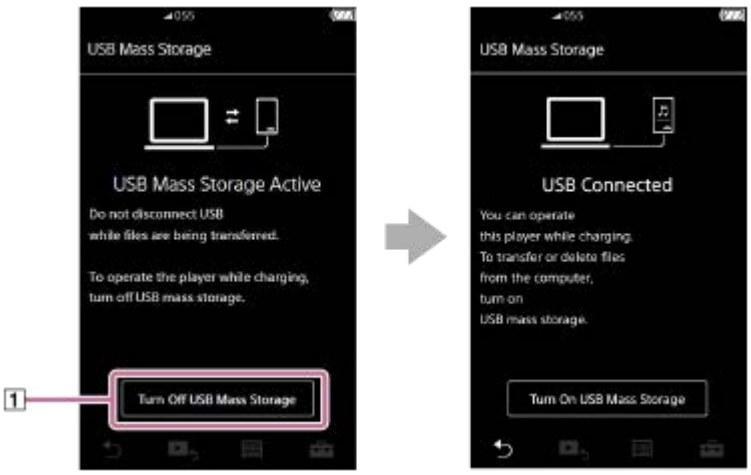
This topic includes instructions for the following operations.

- Switching from USB Mass Storage mode to USB mode
- Switching from USB mode to USB Mass Storage mode

Switching from USB Mass Storage mode to USB mode

When you connect the player to a computer, the player enters USB Mass Storage mode.

1. Tap [Turn Off USB Mass Storage] (1).
   The USB mode screen will appear.


USB Mass Storage
USB Mass Storage Active
Do not disconnect USB while files are being transferred.
To operate the player while charging, turn off USB mass storage.
1
Turn Off USB Mass Storage
USB Mass Storage
USB Connected
You can operate this player while charging. To transfer or delete files from the computer, turn on USB mass storage.
Turn On USB Mass Storage

2. Tap .
   The screen will return to the previous display.

Switching from USB mode to USB Mass Storage mode

Depending on the selected function, or [USB Connection Settings] may not appear on the screen of the player. In this case, tap to return to the library screen for the music playback function.

1. Tap the menu items in the following order.

– [Settings] – [Device Settings] ([Basic Settings]) – [USB Connection Settings] – [Turn On USB Mass Storage] – [OK].

Note

- Before you disable USB Mass Storage mode, we recommend that you perform [Safely Remove Hardware] on the computer.
- Do not disconnect the player while transferring content between the player and the computer. Doing so will damage the data. On the computer screen, confirm that the data has finished transferring properly.

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Related Topic

- Charging the battery

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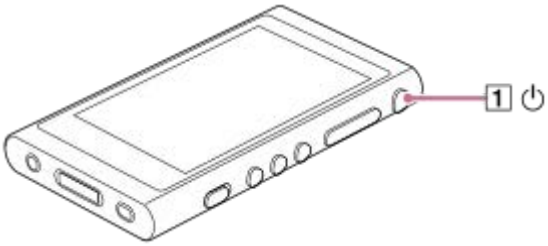
Restarting the player

Restart the player if operations become unstable or the player freezes.
Restarting will not delete any data and pairing information.
However, perform the following before you restart the player. Otherwise, the data on the player may be damaged.

- Disconnect the player from the computer.
- Stop playback.

1 Hold down the button (1) for 8 seconds until the player restarts.



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Related Topic

- Restarting, formatting, or initializing the player
- Formatting a microSD card

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NW-A55/A55HN/A55L/A56/A56HN/A57

Restarting, formatting, or initializing the player

This topic includes instructions for the following operations.

- Resetting the player.
- Formatting the memory of the player.
- Rebuilding the database on the player.
- Initializing the player.

Confirm the details of each function. Then, select the appropriate menu item for your needs.

1 **On the library screen, tap the menu items in the following order.**
** – [Settings] – [Device Settings] ([Basic Settings]) – [Reset/Format].**

2 **Tap the operation that you want to perform.**

Follow the onscreen instructions. Make sure to confirm the messages carefully.

[Reset All Settings]	This operation resets all setting parameters to the default settings. If you select this operation, the player will restart automatically.
[Format System Storage]	This operation formats the internal memory of the player. Note that all data (including sample data) stored on the player will be deleted. Save a backup copy of important data.
[Rebuild Database]	This operation rebuilds the database on the player. You can rebuild the database manually.
[Restore to Factory Configuration]	This operation initializes both the settings and internal memory. You can restore the player to its default settings. All transferred data will be erased. However, the player will restore its preinstalled sample content and installers as default settings. If you select this operation, the player will restart automatically and the initial setup wizard will launch.

Hint

- Even if you perform [Reset All Settings], the following settings will not be changed.
  - Elapsed time of the selected track
  - The bookmark list (1 through 10)
  - User settings for the library screen
  - Information on recently transferred content
  - Preset FM radio stations (The NW-A55L does not have an FM radio function.)
  - Clock settings
  - Language settings
  - User setting for [Text Input]

Note

- Sony does not guarantee performance if you format the memory of the player using a computer.
- If you perform one of the following menu items, pairing information for Bluetooth devices will be deleted from the player.
  - [Restore to Factory Configuration]
  - [Reset All Settings]
- If you rebuild the database, the following information will be erased.
  - Elapsed time of the selected track
  - Playback order

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Related Topic

- Restarting the player
- Formatting a microSD card

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Formatting a microSD card

You can format a microSD card on the player.
Formatting the microSD card will delete all data stored on the card. Save a backup copy in advance. Be careful not to delete important data.

1. **On the library screen, tap the menu items in the following order.**
   – [Settings] – [Device Settings] ([Basic Settings]) – [Reset/Format] – [Format SD Card].

   Follow the onscreen instructions. Make sure to confirm the messages carefully.

Note

- Format the microSD card on the player. Otherwise, some functions of the player may be limited.

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Related Topic

- Restarting the player
- Restarting, formatting, or initializing the player

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Checking information on the player

You can check information such as the model name and system software version.

1. **On the library screen, tap the menu items in the following order.**
   – [Settings] – [Unit Information] ([Other]).

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Related Topic

- Updating the system software

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Updating the system software

You can update the system software of the player.
You will receive update notices by the following methods.

- From Music Center for PC (You will receive update notices automatically.)
- From the customer support website (Access the site manually to receive update notices.)

Access the customer support website to get the latest information.
The following procedure describes how to update the system software from the customer support website.
For details on how to install the program, refer to the customer support website.

1. **Download the update program to a computer from the website.**
2. **Connect the player to the computer.**
3. **Launch the update program.**
4. **Follow the onscreen instructions.**

Hint

- To check the version information for the player, tap the menu items in the following order.
  – [Settings] – [Unit Information] ([Other]).

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Related Topic

- Customer support website
- Restarting the player
- Restarting, formatting, or initializing the player
- Checking information on the player

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Using shortcut buttons from the quick setting panel

Shortcut buttons for some functions are available in the quick setting panel.
You can activate certain functions directly without scrolling in the [Settings] menu.

1. **Tap and then [Settings].**

2. **Tap the shortcut button for the desired function.**

Available functions

Shortcut button	Function
	Tap the button to adjust the screen brightness. You can select a value from 1 to 100.
	Tap the button to turn the Noise Canceling function on or off.
	Tap the button to turn the Ambient Sound Mode on or off.
	Tap the button to turn the Bluetooth function on or off. When the Bluetooth function is turned on, the player will automatically connect to the device that was connected the last time.

Note

- The Noise Canceling function is not effective if the connected headphones are different from the designated ones.
- The Noise Canceling function is not available if [Other Headphones] is selected as the [Headphones] setting.
- Ambient Sound Mode is not effective if the connected headphones are different from the designated ones.
- Ambient Sound Mode is not available if [MDR-NW750N/NE] or [Other Headphones] is selected as the [Headphones] setting.
- Pair the player and the Bluetooth device (audio device or remote control) in advance.

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Related Topic

- Connecting the player to an unpaired Bluetooth device for the first time
- Using the Noise Canceling function
- Using Ambient Sound Mode

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Settings menu

You can adjust various settings from the Settings menu.
To enter the Settings menu, tap and then [Settings].
You can select the Settings menu on the following screen.

- Library screen
- Playback screen
- Play Queue screen
- Bookmark list screen

Basic Settings

Playback Settings	Play Mode
	Playback Range
	Sleep Timer
	Artist List Display
	Display Lyrics
Output Settings	Headphone Output
	USB Output for DSD
	DSD Playback Settings
Device Settings	Beep Settings
	Disable touch panel when the HOLD switch is on
	Screen Off Timer
	Mount/Unmount SD Card
	USB Connection Settings
	Auto Power Off
	Battery Care
	Clock Settings
	Language Settings
	Text Input
	Reset/Format

Note

- Operating sounds ([Beep Settings]) are not output while sound is being played back via a connected Bluetooth device.
- The player does not display a clock. The clock setting is used for data management.

Sound

ClearAudio+ (On/Off)	–
Sound Settings	Equalizer
	DSEE HX
	DC Phase Linearizer
	VPT (Surround)
	Dynamic Normalizer
	Vinyl Processor

Headphones

IER-NW500N/NE	–
MDR-NW750N/NE	
Other Headphones	
Noise Canceling	On/Off
	Select Environment
	Adjust Noise Canceling
Ambient Sound Mode	On/Off
	Ambient Sound Level
Clear Phase™ (On/Off)	–

Bluetooth

Connect to/Add Audio Device	On/Off
	Add Device (Pairing)
	Added Devices
Audio Device Connection Settings	Wireless Playback Quality
	Use Enhanced Mode
Added Devices - Bluetooth Receiver	–
Receiver Playback Quality	Sound Quality Preferred
	Connection Preferred
Remote Control Settings (*1)	On/Off
	Added Remote Control
	Add Remote Control
	Delete Remote Control
NFC (On/Off)	–

Bluetooth Information	Bluetooth Version/Device Name/Bluetooth Device Address/Profile/Version

*1 The menu item is only available on models sold in certain countries or regions.

Function Settings

Language Study Settings	Play Mode
FM Radio Settings (Except for the NW-A55L)	Scan Sensitivity
	Mono/Auto
USB DAC Settings	Charge this player from the connected device

Other

Unit Information	Model name, system software version, total number of tracks, etc.

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Notes on handling the player

Read the notes below and follow the instructions to use the player safely.

- Consult a doctor if you become injured or burned from using the product.
- Contact the nearest Sony dealer or Sony Service Center if the player does not operate properly.
- Observe the following precautions. Otherwise, an explosion, fire, electric shock, burns, or injury may result.
  - Do not expose the player to fire.
  - Do not allow metallic objects to get inside the player.
  - Do not short-circuit the terminals of the player with metallic objects.
  - Do not take apart or modify the player.
  - Do not use the player when you see lightning or hear thunder.
  - Do not use the player if it causes an uncomfortable reaction on your skin.

- Observe the following precautions. Otherwise, you may damage the casing or cause the player to malfunction.
  - Do not place the player in direct sunlight.
  - Do not place the player in locations where the temperature is extremely high.
  - Do not leave the player in direct sunlight. Do not leave the player in a car with all the windows closed, especially during the summer.

  - Do not place the player in locations where it is exposed to vibration.
  - Do not drop the player from heights.
  - Do not apply a strong force or shock to the player.
  - Do not place the player in locations where there is magnetization. For example, do not place the player near a magnet, speakers, or a TV.
  - Do not turn on the player right after you move it from a cold environment to a warm environment.
  - Do not use the player in damp locations, such as in a bathroom or a sauna.
  - Do not place the player on an unstable surface or in an inclined position.
  - Do not sit down when the player is inserted in your pocket.

  - Do not use the player in locations where it is exposed to excessive dust.
  - When you store the player in a bag, do not apply strong impacts to the bag. In particular, avoid storing the player in a bag with the headphone cord or earphone cord wrapped around the player.

  - Do not place objects on top of the player.

- The player is neither waterproof nor dustproof. Observe the following precautions. Otherwise, the player may become inoperable because of short-circuited terminals or corroded metal.

- Do not drop the player into water.
- Do not use the player in humid locations or during wet weather such as rain or snow.
- Do not place the player against your body or clothes when you are sweating.
- Do not touch the player with wet hands.

- Comply with announcements regarding the use of electronic devices when you are on an airplane.
- Heat may build up in the player in the following situations, but this is not a malfunction. However, be careful because there is a risk of low-temperature burns.
  - While the battery is charging.
  - While the player is playing for an extended period of time.
- Do not apply strong force to the surface of the display. Strong force may cause the following problems.
  - Distorted colors or brightness.
  - A malfunction of the display.
  - Injury from a cracked display.
- The player screen is made of glass. The glass may crack if you drop the player on a hard surface or if you apply strong force to the screen. Be careful when you handle the player. If the glass is cracked or chipped, do not use the player or touch the damaged part. Otherwise, you may get injured.
- When you use a strap, note the following.
  - The strap can get caught on objects around you. Be careful to avoid the risk of strangulation.
  - Be careful not to swing the player while holding the strap. You may hit someone with the player.
- Content that you record is for personal use only. Under copyright law, the content cannot be used without the permission of the copyright holder.

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Notes on the headphones

Road safety

Do not use headphones in the following situations.

- While you are driving a car or riding a motorcycle or bicycle.
- Places where impaired hearing is dangerous. For example, on train platforms, in areas where there is vehicle traffic, or near construction sites.

Preventing hearing damage

Observe the following to protect your hearing.

- Keep the volume at a moderate level. Do not listen to audio content at high volumes for an extended period of time.
- Do not turn up the volume suddenly.

About the in-ear headphones

- When you use in-ear headphones with a high degree of adhesion, note the following. Otherwise, you may damage your ears or eardrums.
  - Do not insert the earbuds forcefully into your ears.
  - Do not remove the earbuds from your ears suddenly. When you take off the headphones, move the earbuds up and down gently.
- When you unplug the headphones from the player, hold the headphones by the plug. Pulling the cord itself may damage the headphones.
- Do not sleep while you are wearing headphones. The cord may become wrapped around your neck while you are sleeping.

Consideration for others

Avoid using the player in environments where sound leakage will disturb others.

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Notes on the built-in battery

Do not touch the rechargeable battery with your bare hands if the battery is leaking. The battery liquid may cause burns or blindness. If the liquid contacts your body or clothes, wash the liquid off immediately with clean water.

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Notes on the sample data

Sample music is pre-installed on the player for trial listening.
Sample data is not installed in some countries or regions.

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General Information

- Charging time and playback time depend on the following conditions.
  - The number of times you have charged the battery
  - Operating temperature
- When the battery is sufficiently charged but the battery life has dropped to about half of its normal span, the battery may be worn out.
- A lithium-ion rechargeable battery is built into the player. When you store the player for long periods of time, check the following to prevent the deterioration of the built-in battery.
  - Store the player at temperatures from 5 °C to 35 °C (41 ºF to 95 ºF).
  - To prevent deterioration of the battery, charge the battery at least once every 6 months.

- When you use the player in a cold location, the onscreen display may become dark or may not respond quickly. However, these are not malfunctions.
- You feel mild tingling against your ears particularly in dry air conditions.
  This is a result of static electricity accumulated in the body.
  This effect can be minimized by wearing clothes made from natural materials.
- Sony is not responsible for user data even if the following problems occur due to defects in the player or a computer.
  - Recording or downloading of data is incomplete.
  - Data (such as music) is damaged or deleted.

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Maintenance

- Clean the player with a soft cloth, such as a cleaning cloth for eyeglasses.
- To clean a player that has gotten very dirty, use a cloth slightly moistened with a mild detergent solution. Be careful not to get water inside the player.
- Do not clean with solvents such as alcohol, naphtha, or paint thinner. These solvents may damage the surface of the player.
- Clean the headphone plug occasionally with a soft dry cloth. Noise or sound skipping may occur if the plug is dirty.

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Customer support website

Visit the customer support website in your country or region in the following situations.

- When you have a question about the player.
- When you have an issue with the player.
- When you want information on compatible items.

For customers in the USA, Canada and Latin America:

https://www.sony.com/am/support

For customers in Europe:

https://www.sony.eu/support/

For customers in China:

https://service.sony.com.cn/

For customers in Asia-Pacific, Oceania, the Middle East and Africa:

https://www.sony-asia.com/support

For customers who purchased the overseas models:

https://www.sony.co.jp/overseas/support/

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Specifications

Display

Size/Resolution	3.1-inch (7.8 cm), WVGA (800 × 480 Pixels)
Panel type	TFT color display with white LED-backlight
Touch panel	Supported

Interface

USB	Hi-Speed USB (USB 2.0 compliant)
Headphone	Stereo Mini-jack
WM-PORT	WM-PORT (multiple connecting terminal): 22 pins
External memory	microSD, microSDHC, microSDXC

FM radio (Except for the NW-A55L)

FM Frequency range	87.5 MHz to 108.0 MHz
Antenna	Headphone cord antenna

Bluetooth

Version	Communication system: Bluetooth Specification Version 4.2
Frequency band	2.4 GHz band (2.4000 GHz - 2.4835 GHz)
Modulation method	FHSS
Supported Bluetooth profiles	A2DP, AVRCP
Supported Codecs (Transmission)	SBC, LDAC, aptX, aptX HD
Supported Codecs (Reception)	SBC, LDAC, AAC

NFC

NFC	Active type (for reader and writer),Tag Type

Headphone Out (Stereo Mini-jack)

Frequency response	20 Hz to 40,000 Hz

Noise Canceling system

Digital Noise Canceling (Select Environment)	Full-auto AINC Bus/Train Airplane Office

Ambient Sound Mode

Ambient Sound Mode	Supported

General

Power Source	Built-in battery: Built-in Rechargeable lithium-ion Battery
	Charging and Power supply: USB power (from a computer via a USB)
Charging Time	USB-based charging Approx. 4 hours
Operating temperature	5 °C to 35 °C (41 ºF to 95 ºF)
Dimensions	w/h/d, projecting parts not included Approx. 54.8 mm × 97.3 mm × 10.7 mm (2.16 inches × 3.84 inches × 0.43 inches)
	w/h/d Approx. 55.7 mm × 97.3 mm × 10.8 mm (2.20 inches × 3.84 inches × 0.43 inches)
Mass	Approx. 99 g (3.50 oz)

Capacity

NW-A55	16 GB
NW-A55HN	16 GB
NW-A55L	16 GB
NW-A56	32 GB
NW-A56HN	32 GB
NW-A57	64 GB

Actual available memory for other contents

NW-A55	Approx. 12.26 GB=13,164,150,784 byte
NW-A55HN	Approx. 12.26 GB=13,164,150,784 byte
NW-A55L	Approx. 12.26 GB=13,164,150,784 byte
NW-A56	Approx. 26.81 GB=28,794,585,088 byte
NW-A56HN	Approx. 26.81 GB=28,794,585,088 byte

NW-A57	Approx. 55.93 GB=60,055,519,232 byte

Note

- Available capacity may vary. A portion of the memory is used for data management functions.

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Battery life

Music (Approx.)

	Ambient Sound Mode ON	Ambient Sound Mode OFF
MP3 (128 kbps)	30 hours	45 hours
AAC (256 kbps)	27 hours	39 hours
FLAC (96 kHz/24 bit)	27 hours	39 hours
FLAC (192 kHz/24 bit)	23 hours	30 hours
DSD (2.8224 MHz/1 bit)	20 hours	25 hours

	Noise Cancel ON	Noise Cancel OFF
MP3 (128 kbps)	37 hours	45 hours
AAC (256 kbps)	33 hours	39 hours
FLAC (96 kHz/24 bit)	32 hours	39 hours
FLAC (192 kHz/24 bit)	27 hours	30 hours
DSD (2.8224 MHz/1 bit)	22 hours	25 hours

FM Radio (Approx.) (Except for the NW-A55L)

Noise Cancel ON	Noise Cancel OFF
27 hours	32 hours

Bluetooth (Transmitter mode) (Approx.)

MP3 (128 kbps)/SBC - Connection Preferred	20 hours
FLAC (96 kHz/24 bit)/LDAC - Connection Preferred (Auto)	13 hours

A Bluetooth connection will shorten the battery life by up to 45 % depending on the following conditions.

- Format of the content.
- Settings of the connected device.

Bluetooth (Receiver mode) (Approx.)

SBC (Connection Preferred)	15 hours
LDAC (Sound Quality Preferred)	12 hours

The battery life may become about 70 % shorter when some of the sound quality settings are active.

Note

- The values shown in this topic are the approximate battery life when content is played continuously at the default settings.
- Even if the player is turned off for an extended period, a small amount of battery power is still consumed.
- Battery life may vary depending on volume setting, conditions of use and ambient temperature.
- The battery is consumed considerably when the screen is on.

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Maximum recordable number of songs

Music (Approx.)

	NW-A55/A55HN/A55L (16 GB)	NW-A56/A56HN (32 GB)	NW-A57 (64 GB)
MP3 (128 kbps)	3,300 songs	7,300 songs	15,000 songs
AAC (256 kbps)	1,600 songs	3,600 songs	7,600 songs
FLAC (44.1 kHz/16 bit)	300 songs	660 songs	1,300 songs
FLAC (96 kHz/24 bit)	90 songs	200 songs	420 songs
FLAC (192 kHz/24 bit)	40 songs	100 songs	210 songs
DSD (2.8224 MHz/1 bit)	70 songs	160 songs	340 songs

Note

- The approximate numbers are based on 4 minute a song.
- This product is confirmed to operate normally with up to a total of 20,000 tracks stored in the main memory and on the microSD card.

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

Supported formats

Music

MP3 (.mp3)

32 kbps - 320 kbps (Supports variable bit rate (VBR)) / 32 kHz, 44.1 kHz, 48 kHz

WMA (.wma)

32 kbps - 192 kbps (Supports variable bit rate (VBR)) / 44.1 kHz

FLAC (.flac)

16 bit, 24 bit / 8 kHz - 384 kHz

WAV (.wav)

16 bit, 24 bit, 32 bit (Float/Integer) / 8 kHz - 384 kHz

AAC (.mp4, .m4a, .3gp)

16 kbps - 320 kbps / 8 kHz - 48 kHz

HE-AAC (.mp4, .m4a, .3gp)

32 kbps - 144 kbps / 8 kHz - 48 kHz

Apple Lossless (.mp4, .m4a)

16 bit, 24 bit / 8 kHz - 384 kHz

AIFF (.aif, .aiff, .afc, .aifc)

16 bit, 24 bit, 32 bit / 8 kHz - 384 kHz

DSD (.dsf, .dff)

1 bit / 2.8224 MHz, 5.6448 MHz, 11.2896 MHz

* Audio that is converted to Linear PCM is output.

APE (.ape)

8 bit , 16 bit , 24 bit / 8 kHz - 192 kHz (Fast, Normal, High)

MQA (.mqa.flac)

Supported

Note

- Sampling frequency may not correspond to all encoders.
- Copyright protected files cannot be played back.
- Non-standard bit rates or non-guaranteed bit rates are included depending on the Sampling frequency.
- Files that are 4 GB (2 GB for APE) or larger cannot be played back.
- This product recognizes audio sources exceeding CD quality (44.1 kHz/16 bit quantization) and DAT quality (48 kHz/16 bit quantization) as High-Resolution Audio.
  The “HR” symbol is displayed for High-Resolution Audio sources.

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Digital Music Player
NW-A55/A55HN/A55L/A56/A56HN/A57

System requirements

Supported OS

- Windows® 10
- Windows® 8.1
- Windows® 7
- macOS® v10.10 - 10.13

Note

- You need an Internet connection to download computer applications.
- We do not guarantee operation for all computers.

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